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SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

The Journal Register

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HEALTHCARE



Turley Publications staff photo by Jonah Snowden

For residents of Palmer and surrounding neighborhoods, the closest Baystate Health hospital is Baystate Wing Hospital, located on 40 Wright St.

Baystate Wing Hospital adjusts to new guidelines as state reopens

By Jonah Snowden
jsnowden@turley.com

PALMER – Even before dealing with their first COVID-19 case on March 20th, Baystate Wing Hospital has been prepared to deal with this pandemic since January.

Molly Gray, president and chief administrative officer of Baystate Health Eastern Region said as cases increased, the decision was made to separate areas to keep COVID and non-COVID patients separate from one another.

"We also created additional search capacity that could provide isolation for patients," said Gray. "On the Palmer campus, we are fortunate that the old ED [Emergency Department] was never reoccupied yet. We were able to put eleven additional beds there, and they're still set up, should we need to go to them. We fortunately did not have to use that."

Gray said the virus peaked around early April. As of June 18th, there were zero positive cases.

Other dffects brought by the pandemic include decreasing the number of elective surgeries and procedures, and letting physicians examine and review each case that had been scheduled to decide whether their condition would be worsened by waiting for that procedure. Patients were still contacted by phone or virtually.

According to mass.gov, phase two of Governor Charlie Baker's reopening plan allowed healthcare providers to incrementally resume in-person electives, nonurgent procedures and services. This includes routine office visits, dental visits,

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COMMUNITY

Retail stores, businesses reopen, with safety measures in place



Turley Publications staff photos by Jonah Snowden

Monson Optical, located on 170 Main St. E., Monson.

By Jonah Snowden
jsnowden@turley.com

PALMER/MONSON – Businesses in Palmer and Monson have been able to officially reopen their doors to the public and begin serving customers again under the state's phased reopening plan.

Quaboag Valley Antique Center, known for buying and selling items from the 1950s and the 1750s, conducting appraisals, and more, has officially reopened. Manager Dan Draskie and other employees have been following the state guidelines for COVID-19, which include wearing masks and implementing the social distance protocol for customers.

Draskie said that the pandemic had an unfortunate effect on the antique store and he is happy to be able to serve the public again.

"During the time period we were closed, our cost to operate did not go away," said Draskie. "We're just happy to be open again to have customers, and not rely on a lot of extra work to cover costs."

Store hours are Tuesday to Saturday 10 a.m. to 5 p.m., and Sunday 12 p.m. to 5 p.m. For more information, visit https://quaboag-valley-antique-center.business.site/ or call 413-283-3091. The store is located on 10 Knox St., #1234.

Monson Optical, which offers a lot of different optical services including repairs, adjustment, cleaning, and more, is another business that is currently open, while implementing guidelines to secure everyone's safety. Owner Nissa Lempart said that they are requiring that masks should be worn inside the store, the number of people that vis-

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TOWN MEETING

Brimfield tables solar project, approves short-term rental fees

By Elise Linscott
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BRIMFIELD – At the June 20th Annual Town Meeting, voters table a zoning change for a solar project and approved state definitions and local taxes on short-term rentals like Airbnb and VRBO.

Just two hours before town meeting, the Planning Board held a public hearing and for the proposed zoning change and 10-acre solar project, the site of which would be in a 97-acre property, according to planning board chair David Killian, who said the board ultimately recommended the project. Paul Adams, who was present for the hearing, called it "a spirited debate."

Adams said that project, off Dunhamtown-Palmer Road, would fit the definition of "spot zoning" by changing the parcel's zoning to be part of the Business District.

"This was presented at a meeting two hours ago," Adams said. "That's hardly reasonable time to consider whether this is right for this land."

A representative from the applicant energy company said this

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PALMER

Restaurants resume indoor and outdoor dining

By Jonah Snowden
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PALMER – Moving forward with Governor Charlie Baker's two-step Phase Two reopening plan, restaurants have been permitted to seat their customers both inside and outdoors including the Day and Night Diner, Steaming Tender and Revolutionary Nutrition.

Step one of phase two, which was established on June 8th, outdoor table service was allowed. As for step two, which began on Monday, June 22nd, indoor table service is allowed as well.

Many restaurants, including the Day and Night Diner in Palmer, have been allowing indoor table service. Karl Williams, owner of the diner, said he is "joyful," and is happy to have things like traffic return to "semi-normal." Throughout the entirety of the COVI-19 pandemic, Williams chose to remain open and continued serve customers.

"I really couldn't afford to, so any bit of the pie that I could get, I grabbed, said Williams." "I've been here since '86, and I don't want a disease to have me close the door."

Since being allowed to provide indoor seating, Williams said one of his main hopes is for people to simply learn about the reopening of the diner and stop on by for some signature dishes, and once they're finished, "wish them a golden day."

Williams also plans to adjust to the current and unusual conditions and to make Day and Night Diner into the friendly local place it once was.

"I'm looking to grow my business even larger," said Williams. "We're putting out a new menu within a few weeks."

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Revolutionary Nutrition, located on 1418 N. Main Street.

PALMER

Mongo Pond Dam repairs near I-90 resume

By Elise Linscott
elinscott@turley.com

PALMER – Repairs to a partially collapsed culvert near the exit 8 roadway off I-90 had been delayed for four months, but are finally moving forward.

Greg Berube from Pare Corporation, the engineering firm who's been carrying out the Mongo Pond dam project near Dumplin Brook under local and state supervision, said another pipe was installed over the winter as a holding place while a concrete bypass drop inlet structure was completed. That will be one of the final steps for the project, along with removing sediment, Berube said at the Palmer Conservation Commission's June 16th meeting.

"As soon as possible, we want to get that bypass in and the existing pipe decommissioned so we don't compromise the exit ramp," Berube said. "We're trying to maintain what's out there now and not allow more progressive failure, which could happen with the collapse of the culvert. Once we put that bypass in, we'll fill that with concrete, which should prevent noticeable sediment in the embankment. That intermittent stream then becomes a perennial stream."

The project was supposed to be completed in 30 days as part of an emergency certification, but project managers weren't able to get supplies for the bypass until recently, Berube said.

"We're sort of in a situation where we've half constructed this and we're ready to complete it; the concrete is done and sitting in a yard," Berube said.

Site work will also include removing small trees that were only there because of neglected maintenance, Berube said.

Rob Natario from MassDOT said project managers will also remove sediment from the stream and make storm water improvements and help drainage from I-90.

In order to move forward with the project, the commission had to make a determination on whether or not the site will be considered "riverfront." The commission voted to treat the site as riverfront once work has been completed.

"There's still a lot to do, critical infrastructure being considered," Natario said. "I'm willing to discuss whatever means and methods we need to do to meet performance standards of the Wetland Protection Act."

COMMUNITY

Food Share serving "many people in need"

By Jonah Snowden
jsnowden@turley.com

PALMER – Throughout the entirety of the COVID-19 pandemic, Food Share Inc. has remained strong while continuing to serve the public and ensuring that clients do not spend their nights hungry.

Food Share clerk Patricia Bachand said they've received multiple types of donations, including regular food, pet food, and monetary donations that can reach into the thousands from town businesses.

"We have great support," said Bachand. "Whenever we can get food donations, that is a big help, so we don't have to go out and purchase it ourselves. But other than that, we're doing very well."

Some of the businesses that have helped include Noonan Energy Corporation, who provided financial help, Demore's automotive, which donated 100,000 pounds of food, and J. Stolar Insurance Agency, which Bachand said has set up a connection for people who would like to donate.

Big Y in Palmer has donated pastries to the food share as well. Individually, Bachand said residents from the town have been kind enough to send $200 and $300 dollars. "It's been awesome, we've been able to stay stuffed."

As far as the pandemic itself, Bachand said that it did not affect

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Palmer compost area summer schedule

PALMER – The compost area will be opened the third Saturday in July, August and September to afford town residents the opportunity to drop off leaves and grass clippings at the compost area off of Old Warren Road Palmer. Please place leaves and grass clippings in brown paper bags and do not drop off and place up against gate. Reminder: Please practice social distancing. Any questions, please call the DPW at (413) 283-2615.

Date	Time
Saturday July 18, 2020	9:00 a.m. - 5:00 p.m.
Sunday July 19, 2020	9:00 a.m. - 5:00 p.m.
Saturday August 15, 2020	9:00 a.m. - 5:00 p.m.
Sunday, August 16, 2020	9:00 a.m. - 5:00 p.m.
Sat., September 19, 2020	9:00 a.m. - 5:00 p.m.
Sun., September 20, 2020	9:00 a.m. - 5:00 p.m.

Recycling in Palmer July 11th

PALMER – Due to the July 4th holiday falling on the first Saturday in July, recycling will be held on Saturday, July 11th at the Palmer DPW at 1015 Bridge Street in Palmer from 8:00 a.m. - 12:00 p.m., according to the town's DPW. Please practice social distancing.

Thorndike Fire and Water budget meeting on June 29

The Thorndike Fire and Water Department is having a budget meeting for FY 2020-2021 on June 29th at 6:30 p.m. at the Thorndike Fire and Water Department, 4064 Church St. If taped, the meeting will be broadcast on M-Pact and online at M-Pact.tv.

Keep Homestead Museum schedule

Due to the COVID-19 pandemic, the Keep Homestead Museum will be closed for the rest of 2020. Several events have been postponed until 2021. The new schedule will be as follows::

April 4 - Easter Sunday closed

April 11 - The Power of Women with Wayne Pfaneuf, Editor Emeritus, Springfield Republican and Joe Carvellho, Retired Director, Springfield Museums

May 2 - Zoo on the Go

June 6 - World War II Women with Judith Kalaoura, History at Play™

July 4 - Closed

July 11 - Ice Cream Social

August 1 - Concert on the Lawn with Livestock

NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

UMass Amherst study deems Palmer "best intermediate location" for rail stop

By Jonah Snowden
jsnowden@turley.com

PALMER – Since the establishment of the East-West Rail Passenger Rail Study, Linda Leduc, a member of the study's advisory committee and the Palmer Rail Steering Committee, has been advocating for a stop in the Town of Palmer.

While the list of route alternatives hasn't been narrowed down to three yet, Leduc said state legislators are pushing for that determination to be made and to get the project out of study phase.

A study done by the University of Massachusetts Amherst Center for Economic Development in 2019 has also showed the benefits of a stop in Palmer. Conclusions of the study stated that a stop in Palmer provides the best intermediate location between Springfield and Worcester, has the ample and appropriate infrastructure for a stop, will open up an underserved region to passenger rail service, expand the commuting capabilities for those working in eastern locations and more.

Leduc, who is also on the Palmer Rail Steering Committee, recently spoke with fellow members on her advocacy work for a stop in Palmer on Thursday, June 11th, a day after the most recent East-West Rail Study meeting.

During the Palmer meeting, she said that at this point in the study, a decision needed to be made for the three final alternatives.

"MassDOT Secretary (Stephanie Pollack) has said it very clear, that we need to get this out of a study phase, so that we are then into a project phase, which presents us for federal funding should something come down in the future," said Leduc. "Palmer has always been in a unique position. We've from the very beginning had to feel as though we need to fight for the validity of a stop in Palmer and an intermediate stop."

Leduc also said that in deciding, it was important to remember that Alternative Five – a new train service between Springfield and Boston on a new alignment – did not include Palmer as a stop. She also said that alternative, along with Alternative One (Springfield to Worcester) and Alternative Two (Springfield to Boston) could potentially be voted out because of the decision to not include bus service, and MassDOT encouraged the advisory board to look at hybrid versions of any of the alternatives.

Leduc said to fellow steering committee members that moving forward, the six initial goals, which include transportation equity, economic development, housing, jobs, and making Western Mass. a competitive, liveable, and transportable state, should be kept at the forefront when continuing to advocate for Palmer.

Following the June 10th meeting, the regional planning agency and other rail advisory committee members, specifically from the Western Region and Berkshire area, met on June 16th to discuss recent amendments to the MassDOT Study.

The conversation included the integrity of the study and the ability and extreme importance to advance it beyond shelving, along with the necessity and future capacity for federal funding, the concept of Alternative Six (Pittsfield to Boston), and the desirability of hybrid version of Alternative Four (Pittsfield to Boston) and Alternative Five, which were recently shared by MassDOT.

Leduc said that advisory committee members who could not attend that meeting would be provided the opportunity to support it or the independently advise MassDOT of their preferred alternatives.

More details will be provided when the next advisory meeting takes place. For more information on the study and meeting notes, visit https://www.mass.gov/lists/east-west-passenger-rail-study-documents.

Big E to host special drive-through favorite fair foods event

Eastern States Exposition introduces A Taste of The Big E – a drive-through event that previews eleven of the Fair's favorite food vendors and their offerings, including the iconic Big E Cream Puff and more Saturday, June 27 from 10 a.m. to 7p.m. and Sunday, June 28 from 10 a.m. to 6 p.m.

"It brings me great pleasure to welcome guests to our grounds, and provide a sample of their favorite Big E foods at this unique event," ESE president and CEO Gene Cassidy said. "It is our hope that people will come from far and wide to get a taste of what's to come in September at the Fair."

There is no entry fee and drivers will enter the grounds at Gate 9 and be directed by parking staff to follow a designated path to New England Avenue. Food stands will be set up on each side of the road and vehicles will enter single file.

Guests will be able to order, pay and pick up their food before moving forward to the next two stands. Vendors will work quickly to take orders, process cash and credit card payments and deliver food to the vehicles.

Guests will be asked to remain in their vehicles at all times and wear face masks or coverings when ordering and accepting food from vendors.

The final stop will be The Big E Cream Puff Mobile Bakery, situated on the Court of Honor. This marks the first time in the bakery's history that Big E Cream Puffs and Big Eclairs will be available outside of the Fair. Guests will then be directed to exit the grounds via Gate 2 onto Memorial Avenue.

Menus and more information can be found at www.TheBigE.com/TasteOfTheBigE.

A portion of the proceeds will be donated to the West Springfield Parish Cupboard. Founded in 1986 by Parish Associations of local Protestant and Catholic Churches, the Cupboard has been helping the less fortunate members of West Springfield and Agawam for more than thirty years. Through financial contributions and food donations, The Parish Cupboard has been able to help thousands of citizens throughout the decades. Visit www.parishcupboard.com for more information.

What: A Taste of The Big E
When: Saturday, June 27 from 10am-7pm and Sunday, June 28 from 10am-6pm
Where: Eastern States Exposition Fairgrounds
Tickets: There is no entry fee for this event.

The Big E takes place Sept. 18 – Oct. 4 in West Springfield, Mass., and will be jam-packed with food, entertainment, and so much more! Visit TheBigE.com to sign up for emails and connect on social media to be the first to get exclusive information. Join us at #BigEMoments.

A Taste of the Big E vendors and menu highlights:

The Big E Bakery
- Cream Puff or Eclair 3-Pack for $14
- Cream Puff or Eclair 6-Pack for $25
- Chocolate Ganache on Cream Puffs - Add $1 per pack

Big Kahuna
- Gyro Bowls or Salads - $12
- Greek Gyros - $10
- Chicken Gyros/Pita - $10

Billie's Baked Potato
- Billie's Special, Broccoli & Cheese or Chili & Cheese - $7

(Small charge for additional toppings or sour cream on potatoes)

Brew Garden Pub Food
- Chicken & Waffles or Pork Please Grilled Cheese - $11
- Tossed & Sauced Tenders with fries or Plain Chicken Tenders with fries - $9
- Four Cheese Grilled Cheese or Sweet & Tart Grilled Cheese - $9

Butcher Boys
- Steak Sandwich - $11
- Italian Sausage Grinder - $10

Calabrese Market
- Cotton Candy or Caramel Apples - $5
- Candy Apple - $4
- Popcorn - Small $3 and Large $5

Chompers
- Bacon Cheeseburger, Chicken Parm or Taco Chompers - 5 balls for $10 (no mixing)

Cinnamon Saloon
- Cinnamon Buns - $6 each or 4-pack for $18
- Smoothies - Small $6 and Large $8
- Chocolate Covered Cheesecake - $7
- Chocolate Covered Bananas - $5
- Hot Coffee $3, Ice Coffee $4 or Lattes for $5

Piche's Concessions
- Beignets, Funnel Cake, Fried Dough, Fried Oreos, Fried Reese or Fried Snickers - $8 each
- Toppings: Strawberry, Chocolate and Caramel - $2

Poppie's
- Fresh Lemonade - Small $4 and Large $7
- Corn Dogs - Plain, Cheeseburger, Bacon or Jalapeno - $6
- Frozen Lemonade, Iced Coffee or Fresh Brewed Iced Tea - $4 each

Tots-A-Lot
- "TOT"chos - $9
- Loaded Tots or Pizza Tots - $8
- Buffalo Tots - $7

In addition to menu items mentioned above, many vendors will also offer soda, water and some additional sides. All vendors will accept cash or credit card payment.

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it are limited, and appointments for all services are required.

"We are cleaning everything in between each patient, washing all the frames after each person tries them on," said Lempart.

Regarding being able to reopen, Lempart said it's been nice to see patients again. "People seem very glad to have us back," said Lempart. "Monsons a very supportive town, so that's been great. Everyone's been nice coming through. I haven't had too much pushback on any of the regulations and safety implementations. I see some of the other industry message boards that people can be very nasty, and some other places and I really haven't experienced that at all, and I am feel really grateful."



Turley Publications staff photos by Jonah Snowden

Quaboag Valley Antique Center, located on 10 Knox St., #1234, Palmer.

To schedule an appointment, call 413-267-4200. The store is located on 170 Main St. E. The website for Monson Optical is https://www.monsonoptical.com/.

Palmer Motorsports Park, located on 58 W. Ware Rd., is beginning to host events again, such as Boston BMW Car Club of America Event, scheduled for Friday, June 26th, and a private track day for members of the BACC (Boston Asian Car Club) on Monday, June 29th.

Fred Ferguson, owner of the motorsports park, said they have "implemented a host of accommodations," for visitors.

"Checking in procedures are now done without sharing or touching of any paper or pen, or direct interaction with the gate attendant," said Ferguson. "People who are entering the park have to sign a waiver and drop it into a box, and there's a slew of pens that have been washed and sanitized."

Ferguson said indoor meeting space has not been allowed yet, so any meetings that must take place will be held outside. Everyone must wear masks, and no guests are allowed now, unless they are attendees who were pre-registered for events.

For more information, visit http://www.palmermotorsportspark.com/ or call 413-967-3650.

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POSTPONEMENT:
We are so sorry but our May Scrabble Night and our May Basket Raffle will be postponed. At this time we are uncertain as to when they will be rescheduled.

VOLUNTEER TUTORS NEEDED!

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Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at elinscott@turley.com, or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.

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The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary,** costing $100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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and vision care.

In response to this, Gray said she wants to emphasize that she understands the public being wary of the virus and that the hospitals will be taking all precautionary measures, which includes having hand sanitizer available, checking temperatures, and more.

As for visitor policies, Gray said the reason for the newly established guidelines on June 15 was promulgated by the Massachusetts Department of Public Health and meetings with Governor Baker, along with the second stage of his reopening plan.

"We all know your loved ones play a really vital role in your care, and it's very painful, difficult, and sad to separate visitors and family members away from patients," said Gray. "Now that we are seeing that trend line in terms of cases, hospitalizations, and demand for critical care beds for COVID-19 positive cases go down, its safe to start to slowly, carefully with all protective measures, bring visitors back."

Visitation hours are from noon to 8 p.m.. Non-COVID patients at all Baystate hospitals are allowed one visitor at a time.OB (Obstetrics) can now have one birthing partner and one visitor. At Baystate Children's Hospital, one parent, guardian, or visitor is allowed at one time.

As for patients that have been diagnosed with COVID-19, no visitors are allowed. Exceptions to this guideline include patients under the age of 18, who are allowed one parent or guardian, OB patients who are in labor are allowed one birthing partner; hospice patients and end-of-life patients are allowed one person or clergy member per day; and intellectually/physically disabled patients are allowed one companion.

Visitors are not permitted in common areas such as waiting rooms, cafeterias or gift shops, and must travel directly to and from the patient's room when entering and leaving the hospital.

Fpr patients attending outpatient programs, no companions are allowed except one parent/guardian for a patient 18-year-old or younger; and one caretaker for a completely dependent patient.

For more information on visitor guidelines, visit baystatehealth.org/visitors. For more information on Baystate Health, visit https://www.baystatehealth.org/.

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their hours of operation or how they operate the food bank.

"Sometimes we are overwhelmed with clients, sometimes we are not," said Bachand. "It all varies." Regarding the number of clients, Bachand said they usually take in 10 to 12. "We've had some new clients that never came in before, and we're always willing to sign them up and help them out," said Bachand.

Bachand also said her favorite part about working at the food pantry is having the opportunity to help a family, and even seeing ones with multiple children who leave with tears in their eyes. "That's what keeps us going," said Bachand. "We're very gratified because they're so thankful that we can help them."

Anyone interested in calling in and asking for help from the food share is encouraged to call ahead of time, since it is appointment-based. Bachand also said that currently, because of the pandemic, they are simply giving food out as people need it. As for guidelines, aside from name, address, and phone number, Bachand said they are not applicable now, since the main concern is making sure the clients they serve are given the items they need.

"There are too many people that are in need," said Bachand. "The bottom line is, if you are hungry, if you need food, we're going to give it you. I don't care where you're from, who you are, we're distributing the food. We are very lucky to be able to do it, and we are doing it."

Hours of operation for the food pantry, located on 39 Walnut St., are Tuesday and Friday, 9:30 a.m. to 11:30 a.m. The phone number for the food share is 413-283-3614. The social services organization provide a variety of meats, canned goods, soups, juices, and more.

DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at elinscott@turley.com or call the office at 413-283-8393 by noon on Mondays.
We appreciate the cooperation of our readers.

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SESSIONS 1:1 VIA ZOOM

Monson restaurants slow in reopening

By Elise Linscott
elinscott@turley.com

MONSON – Restaurants around the state have been reopening, and one in Monson has been approved for an expanded outdoor liquor license by the Board of Selectmen so far.

At the board's June 9th meeting, the board approved a request from restaurant Beth's Family Dining to expand their liquor license to include outdoor seating, contingent on approval from the town's fire chief, police chief and Board of Health.

The restaurant proposed plans to seat 32 people in total, with four two-seat tables and four six-seat tables.

"This seems like something we'd all like to see our local restaurants be able to do," said town administrator Evan Brassard. "We just want to make sure they do it safely, and not only from a coronavirus standpoint."

The plans must be approved by the local Board of Health to ensure the restaurant follows necessary social distancing and cleaning standards to prevent the spread of the virus, while the police and fire departmetns can ensure that if there are potential hazards, from traffic for instance, that proper barriers are installed and that any tents used are fire-rated.

The board agreed they would not charge fees for any restaurants who apply to modify their licenses in order to resume operating.

Brassard also said there would be an online form on the town's website.

At the board's June 23rd meeting, no restaurants had applies for modified licenses.

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As for cleaning, Williams said his wife, Cynthia Williams, is constantly cleaning the environment to ensure workers and customers are safe.

To try Friday night seafood, omelets, signature bacon and eggs, off the bone ham, burgers, occasionally, prime rib, and more, visit the diner, located at 1456 N. Main St. in Palmer. Store hours are 5 a.m. to 1 p.m. Monday to Friday. Also, on Friday the diner reopens from 4 to 8 p.m. On Saturday, 5:30 a.m. to 12 p.m., and Sunday, 6 a.m. to 12 p.m. The diner can be reached at 413-283-4536.

Another restaurant that is currently adjusting to the new reopening plan is the Steaming Tender. As of Friday, June 19th, the restaurant is allowing outdoor dining with a total of 25 tables, which are all six feet apart.

General manager Scarlet Lamothe also said staff are required to wear masks and gloves, offer pre-wrapped utensils, use sanitizing stations, and overall keep the environment as clean as possible while they continue to serve their signature Gandy Dancers' soups, Station Salads, Trackside Sandwiches and more.

Lamothe said her favorite part about reopening is being able to see the customers' faces again and have their all their staff to be back at work is "amazing." She also said that there is a lot in store for the Steaming Tender in terms of remodeling the restaurant.

"We took advantage of this opportunity to fix up the cobblestones on the side and we have trackside table service, for the tables to the right along the tracks as the trains go by," said Lamothe. Other future endeavors include eventually moving the kitchen out to the back, applying carousel chairs on the cobblestone patio for outdoor bar service, and more.

Hours of operation are Thursday and Friday from 4 p.m. to 9 p.m., Saturday 11:30 a.m. until 9 p.m., and Sunday, 11:30 to 8 p.m. The restaurant is located at 28 Depot St. and can be contacted by dialing 413-283-2744.

Anyone interested in delicious and healthy smoothies might want to check out Revolutionary Nutrition, which is currently allowing indoor and outdoor dining. Co-owner Jessica Lincoln said she and fellow co-owner Jennifer Longacre, who also happen to be her stepsister, are happy to welcome in customers again.



Turley Publications staff photos by Jonah Snowden
Day and Night Diner, located on 1456 North Main St.



Steaming Tender Restaurant, located on 28 Depot St.

To continue the social distancing protocol, they have cut down the amount of bar stools, and have an outdoor two-seat table.

As for products, Lincoln said they provide protein-based smoothies and energizing teas.

"Our smoothies have nine grams of sugar, 24 grams of protein, and they're a full meal, between 200 to 250 calories," said Lincoln. "Our teas are our biggest sellers and have no sugar. They are only five calories and they burn anywhere from 80 to 100 calories just by sipping on them."

Store hours include Monday through Friday from 6 a.m. to 6 p.m., Saturdays 9 a.m. to 5 p.m., and Sunday, 9 a.m. to 1 p.m. The juice bar is located at 1418 N. Main St. and can be contacted at 413-289-9456.

BRIMFIELD | from page 1

wouldn't be spot zoning because the Business District abuts the parcel. He also said the company informed the public and got 35 signatures back from residents who'd have to drive by it every day.

But resident Bill Peterson said that the town meeting's low turnout – 120 people – was another reason to delay the vote.

"I firmly believe now is the wrong time to amend our zoning bylaw because voters aren't here because either they can't be here or they shouldn't be," he said, adding that he was against putting the large-scale ground photovoltaic panels into "a pristine field."

Voters decided 100 to 14 to table the article.

Articles 22 and 23 defined and set taxes on short-term rentals including Airbnb and VRBO, imposing a local tax of 6% and community impact fee of 3%.

"I travel a lot… and I'm okay with paying those fees," said one resident. "I impact that neighborhood even as a respectful person who travels. If I were to be staying in a hotel, I'd be paying taxes as well."

One member of the public said he didn't see the problem it was addressing. But Board of Selectmen chair Paul McCarthy said it would help bring in some commercial tax revenue to the town, since tax revenue is based predominantly on the backs of residents, he said.

One member of the fire department said it would also help increase safety in those short-term rentals, since adopting the state regulations would mean the town's building and fire inspectors would have to approve the units and make sure fire and carbon monoxide alarms were operational.

journalregister.turley.com

Lesser joins colleagues to pass elections bill for voting safety

BOSTON – Senator Eric P. Lesser joined colleagues in the Senate on June 16th to unanimously pass legislation to expand voter access and address safety for all remaining 2020 elections, including the September 1, 2020 state primary and November 3, 2020 general election, in light of the ongoing COVID-19 pandemic. Senator Lesser acted as the lead Senate sponsor and authored an amendment that was adopted establishing a mail ballot request online portal for residents. The bill was originally filed in the House by Representative Michael J. Moran, Second Assistant Majority Leader, and Representative John J. Law, co-chair of the Joint Committee on Election Laws, in collaboration with a large coalition of voting-rights organizations.

The bill, An Act relative to voting options in response to COVID-19, would, for the first time in state history, give all eligible residents the opportunity to vote early for the state primary and general election, allow residents to vote-by-mail, and expand absentee ballot access.

"Voting is a sacred constitutional right and we have an obligation to make sure our elections will be conducted safely," said Senator Lesser. "COVID-19 has disrupted our way of life. A lot has changed and a lot has closed, but there is one thing about our society that cannot be canceled, delayed, or changed. On the first Tuesday of November, we vote for our leaders. Through wars, pandemics, and natural disasters, the American people and the people of Massachusetts vote. That is a sacred right and it is the foundational right on which every right depends. This legislation lays out a clear process for making sure the 2020 elections are conducted safely and with maximum participation."

The bill does the following:

Implements an early vote-by-mail system: An application to receive an early voting ballot will be mailed to all registered voters by July 15, 2020. The Secretary will then mail another application for the general election in the voter booklet sent out in the fall. Both applications and ballots will be postage paid.

Creates early voting for the primary and expands early voting periods: For the first time in Massachusetts, early voting will be available for the state primary, to take place from Saturday, August 22, 2020 through Friday, August 28, 2020. Early voting for the general election would take place from Tuesday, October 17, 2020 to Friday, October 30, 2020. Early voting hours would vary according to the size of the municipality in order to give voters ample opportunity to participate while not overburdening small towns' election departments. Voters may return their early voting ballot in the mail, in a secure drop box, or in person.

Tasks the Secretary of State with creating an online portal: The bill requires Secretary Galvin's office to create an online portal by October 1, 2020 to make it as easy as possible for people to apply for general election early voting ballots electronically.

Expands absentee voting: The bill provides for absentee voting by any person taking precautions related to COVID-19. Voters may also return absentee ballots via a secure drop box.

Provides tools to assist clerks: Acknowledging the increased burden these options may place on municipalities and clerks, the bill also provides for several accommodations to make the logistics of processing votes easier. The legislation allows for tabulating ballots prior to election day, and it offers pre-addressed envelopes to voters, so their applications go directly to their clerk's office.

Makes in-person voting more efficient: The bill allows municipalities to consolidate polling places and eliminate the check-out table at these locations, allowing for a more efficient process and fewer poll workers. It also expands who is eligible to serve as a poll worker, knowing that many current volunteers are seniors who may feel less comfortable working in public during COVID-19.

The legislation must now be reconciled with the Massachusetts House of Representatives.

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Viewpoints

We all have to make this work

By Lee H. Hamilton
Guest columnist

These are uncertain, divided times for our nation. Unemployment is at mind-boggling levels, a virus we still don't fully understand is stifling the course of ordinary life, many businesses are struggling, nationwide protests continue against systemic and deep-seated racism and local policy makers face rising questions about policing and public safety. It's no surprise that this is one of those rare moments of national reflection about our future course.

It's also a moment of great attention to our political system, because that's how we're going to work these things out. For me, this raises a fundamental question: What are politics and government all about, and how do we use them to make progress on such fundamental issues?

At heart, I'd argue, our political and economic systems try to provide an environment that enhances each person's quest for happiness and a good life. We lay the framework for this in part through government, and through the politics that determines who runs our government and what they do once in office.

We do this through a representative democracy, a system by which citizens elect men and women to represent them in a national or state legislature in order to make the laws of the country. It's an elaborate, complex effort, especially in a country as diverse as ours. Disparate interests are rampant at every level, and in order for government to work you have to try to build a consensus among those groups—while seeking collective security, economic growth, and protection for individual rights and liberties. That's because our democracy promotes the idea that individuals are equal before the law, and that the rights we've enshrined in the Bill of Rights need to be protected.

Representative democracy does not demand that its citizens participate, but it fails if enough of them don't. It encourages civic engagement, community service, citizens living up to their obligations to their neighbors, and, of course, voting. It also makes room for all manner of communications, from letter-writing to participating in boycotts and protests. And it works best when people are well informed and educated on the political issues. In this era especially, that places a burden on us all to find high-quality information and use it effectively and prudently.

The thing to remember about the system is that it encourages competition for political power among a wide range of groups and interests, and nothing is ever settled. If you lose, you're given a chance to win in future elections. If finally, you win, you've got the temporary power to achieve your legislative goals. But winning is never total. Congress and our legislatures represent the diversity of the population, and pretty much require cooperation and consensus-building to accomplish anything. This is both a weakness—it can be cumbersome—and a strength, since it allows for reasonable stability as all kinds of groups, including minorities of all sorts, strive to exert influence.

All of this creates a dynamic, energetic political sphere that challenges us. It's remarkable, if you think about it: The system was crafted for a country of about 4 million. Here we are over 200 years later, with 330 million, with the same system helping to organize a country of enormous power, reach and complexity.

It's evolved over that time, thanks to constant tinkering, reform, and improvement, and those needs will never go away. That's what our system does: It calls on citizens to make it work and to make it better. There's no doubt that we face great stresses, and while we may make progress in enhancing individuals' pursuit of happiness, it's rarely straight ahead: we take steps forward and then retreat, we celebrate victories and suffer setbacks. But overall, when citizens speak up and become involved, we progress.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

BUSINESS

Turley Publications is liberal with regard to its business coverage polices, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Journal Register, please email dfarmer@turley.com.

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Pinks are top notch fragrance-wise

IN THE GARDEN



Roberta McQuaid
Columnist

Who doesn't love the smell of lilacs, roses, peonies or hyacinths? Somewhat more understated than these, but still worthy of acclaim for their wonderful scent are a group of plants known as pinks. Identified by taxonomists as Dianthus, I have been lucky enough to grow five heirloom species of this unique genus.

The first is Sweet William, Dianthus barbatus, a cottage garden favorite, prized by florists for its tightly clustered, richly scented three-inch flower heads. It is most commonly seen in white, magenta, salmon and pretty bi-colors. Technically a biennial, Sweet William will occasionally return for a third or fourth year of bloom. More often than not, though, this plant puts all of its energy into making flowers, and after it is through and its spent flowers have been removed there is very little left of the plant to overwinter. For the best chance of subsequent seasons, deadhead as soon as possible and fertilize lightly. Only interested in Sweet William as a cut flower? Sow seeds in summer and transplant in the fall for blooms next season.

Clove ink is another favorite. Dianthus carophyllus 'Grenadin' is the cultivar I've grown. The first season it impressed me with its tightly mounded spiky silver leaves, which not at all leggy. This was a mixed-seed packet, so I didn't know what to expect color-wise. To my delight, I had three different shades of pink mini carnation-like blooms. While the flowers were sparse, only a couple of stems per plant, it was their scent that really knocked my socks off. Clove, indeed! I've heard that these aren't reliably hardy in our area; we'll have to see what I'll be left with next spring. One rule of thumb about overwintering clove pink and most silver-leaved plants: they hate wet feet and love alkaline soil. Provide good drainage throughout the year and a dusting of lime each spring. Planting along the edge of a rock garden would be ideal.

Dianthus gratianopolitanus is a mouthful for a plant better known as cheddar pink. The first year from seed is a tease. You'll settle for a few quarter-sized fragrant pink to dark pink blooms. By mid-June of year number two, however, the plant will be at least a foot to 15 inches wide by eight inches tall with flowers too numerous to count. Each individual floret is composed of five flat petals that get a bit deeper in tone near the center and tatter somewhat at the edge. Curly stamens popping up in the middle add to the interest. Although it may be tempting to take hedge shears and lop off all the spent flowers at once, don't do it! Better to cut each stem back to a point of new growth, time consuming as it may be. Your plant will look better and might even reward you with a few more flowers later in the season.

Pheasant-eye or cottage pink, Dianthus plumarius, is less behaved than its cousins. The silver foliage has a tendency bend and grow in funny, rambling angles, making it a great candidate for draping over the edge of a raised border or rock wall. The flowers are less prolific than cheddar pink but similar in appearance except that they have an even more pronounced, dark eye, hence its name. I've seen them in white, light pink and deep pink, each with a magenta center and the same tattered petals and wonderful scent.

The last pretty pink I'll mention today is Dianthus superbus, fringed or superb pink. It differs from clove, cheddar and pheasant eye in that its foliage is green and less spiky, more grass-like. And while the others top off under a foot, fringed pink grows two feet tall or taller. Because of this, it will require staking: simple "pea brush" is usually enough support. Pink or purple flowers are, you guessed it, deeply fringed, giving them a very delicate appearance that is best admired (and sniffed!) up close. Like the others mentioned here, these are also wonderfully fragrant.

Many of these Dianthus varieties are available by seed through JL Hudson, Seedsman (jlhudsonseeds.net). Plants are easy to grow, best started off the heat in late February.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.

When feather-nested fledglings fly

GUEST COLUMNIST



JOAN E. B. COOMBS

Life in its various forms-- whether human, animal, or bird-- takes time to develop and grow. Whatever the age span, there's a g-r-o-w-t-h process. Amazingly, with each life, the proper nourishment and environment can eventually lead to a successful, mature life.

Not choosing Biology as a major, yet having grown up observing and tending various small-farm animals and birds from birth, helps one to understand the development and the growing-up process. Whether it was watching newborn calves be born, get up, and wobble-walk. Or, when weaned, helping them to drink from a bucket, instead of feeding from Mama Cow. With gentle, patient coaxing, calves eventually learned to sip, slurp and swallow. Or, if it was rescuing a tail-wounded squirrel back to health. (Later "Tippy the Squirrel" celebrated by scale-running up and down the keys of an upright piano sitting against the wall of an enclosed sunporch!) Or, if it was the eager, day-by-day watching of a pen of hen's incubated and hatching eggs and the ensuing life-struggle of transparent-skinny baby chicks onto finally seeing their yellow fuzz adorningly and adorably appear.

Zoom to present day observations. By all appearances the " birds-of-a-feather-stick-together" motto is applying to our nearby Barn Swallow parents, now hovering over a few newly hatched eggs right outside our front door. They are in feathered abode, way up in a mud-thatched nest molded over the frame of our front door's entrance light.

Every time we leave our home and come back, perhaps our nearby neighbors wonder about out sidewalk conversations with Mr. and Mrs. Barn Swallow? Whenever walking out, the birds swish by with swoop loops from their nest to landing right on our front lawn's white globe lamp. As they perch together atop the white globe, we intentionally stop and chat.

"Well, good morning! And, how's the family?"

As if listening to our greetings, they tilt their heads as if understanding every word.

So far, they haven't replied in bird-banter. While spindle-leg standing, as each parent starts preening its feathers, we sense their contentment.

Recently however, Mr. Barn Swallow seems edgy. He's overtly protective. His Mrs. is on setting their nest more. As the hatching arrival approaches, the pair still takes daytime flights for insect food, and each takes turns with keeping the nested eggs warm.

Protective environments, with all the necessary components for healthy growth--shelter, food and nurturing-- happen during times of incubation. Often it seems that a reoccurring similarity or our new-normal reality applies to what we all are experiencing with COVID-19's current safety admonitions of: "Sheltering in place," "Wearing masks to safeguard yourself and others," and to "Keep practicing safe-distancing."

As the 2020 summer days progress, the Barn Swallow nestlings will stir, their parents will tend to their needs, and within about three days after hatching their eyes will open and see a new world.

Recent school and college graduates likewise appear to have a reoccurring comparison. The nests that nurtured them have been preparing each one to see the world, with the abiding support and guidance of those who have cherished, raised, taught and trained them. And, we'll all be cheering them on-- with encouraging words and conversations-- when the feather-nested fledglings fly.

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Journal Register

Election letters to the editor welcome

The *Journal Register* welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to dfarmer@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Elise Linscott at 413-283-8393.

Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact Lisa Marulli, 413-283-8393 or lmarulli@turley.com, about paid advertising in The Journal Register.

Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:
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The submission deadline for consideration is Monday at noon.

SOCIAL SECURITY MATTERS

Will claiming early hurt spouse or survivor benefits?

By Russell Gloor
Guest columnist

Dear Rusty: I applied for Social Security Disability Insurance benefits and was denied. So, because I turn 62 this month, I plan to file for my early Social Security retirement benefits. Since I've not worked a lot due to health issues I won't get much and I realize my benefit will be reduced by about 30% from my full retirement age amount, but we need the extra income to help with my medical bills. My husband is 57 and still works. Social Security will be our only retirement so he will be working for as long as he can. My question is, how will my early retirement affect any spousal benefits I might qualify for in the future? Or my widow's benefits if he should die before I do? Signed: Worried Spouse

Dear Worried: Claiming your own Social Security benefit at age 62 will cause your spousal benefit to be less when your spouse benefit starts (when your husband claims). That's because your spousal benefit will be in the form of a "spousal boost" which will be added to the reduced Social Security benefit you will get by filing at age 62. The amount of your spousal boost will depend upon how old you are when your husband claims (which is when your spousal benefit kicks in). If you've reached your full retirement age (FRA) of 66 years and eight months, your spousal boost will be the difference between 1) your Social Security retirement benefit amount at your FRA (regardless of when you claimed) and 2) half (50%) of the benefit your husband is entitled to at his FRA (regardless of when he claims).

At your FRA you get the full amount of the spousal boost; but taken before your FRA, the spousal boost will be actuarially reduced according to the number of months prior to FRA it is taken. Since the spousal boost is added to the benefit you are already receiving, you claiming your reduced benefits at age 62 means your spousal benefit will also be reduced. But your spousal benefit (while your husband is living) is entirely different from your survivor benefit if your husband dies before you.

As your husband's widow, provided you have reached your FRA you will get 100% of the amount he was receiving (or entitled to receive) at his death, instead of your smaller benefit from claiming at age 62. In other words, that you claimed your own benefit at 62 doesn't affect your survivor benefit. But if the survivor benefit is claimed before you reach your full retirement age it will be reduced due to claiming it early (the reduction is about 4.75% for each year early). Note that you do not have to claim the survivor benefit immediately; you may wait to claim until it reaches maximum at your FRA.

One final point: Statistically, about 2/3rds of all initial Social Security Disability Insurance disability applications are denied. If you believe strongly that you've been unfairly denied, you can appeal that denial, even if you go ahead and claim your own Social Security benefit at age 62. To appeal the SSDI denial you should submit form SSA-561 – Request for Reconsideration, which you can find at this link: www.ssa.gov/forms/ssa-561.html.

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Russell Gloor is a Social Security advisor for AMAC.

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In the Classroom

CAMPUS NOTES

Local students receive diploma from Norwich University

The following local students officially received a degree from Norwich University on Saturday, May 2. Nicholas Lescord of Brookfield received a Bachelor of Science in mechanical engineering. Patrick M. Bruneau of Monson received a Bachelor of Science Summa Cum Laude in psychology.

Due to concerns related to COVID-19, the 2020 ceremony was postponed. Details regarding a rescheduled event will be conveyed to graduates and their families as soon as they are available. Norwich University President Emeritus Richard W. Schneider, one of the nation's longest seated university leaders who retired on May 31 after serving at the helm for 28 years, will deliver the Commencement address to the Class of 2020.

In a congratulatory video sent to 472 graduates on Saturday, May 2, Schneider said: "This will be the spring of unforgettable events in our country...You have seen the highs and lows." He acknowledged the spring semester cut short by the pandemic and also recounted Homecoming the year before, 2019's bicentennial that brought over 6,000 alumni to campus to celebrate. Schneider concluded by assuring graduates that he will always be there for them. He then raised a glass in toast saying: "To the Class of 2020, we wish you the very best on your Commencement. Norwich Forever!" Graduates include future military officers, law enforcement officers, and many who will go on to graduate school, jobs in the federal government, athletic training, construction management, and numerous sectors of public service. The Class of 2020 is comprised of 173 civilian students and 299 students in the Corps of Cadets.

Monson student earns Dean's List recognition at Norwich University

Patrick Michael Bruneau of Monson has been recognized on the Dean's List at Norwich University for the Spring 2020 semester. Full-time undergraduate students, who earned a semester grade point average of at least 3.40 and had no failures in the previous Fall or Spring semester are awarded Dean's List honors. These students cannot have any pending Incomplete (I) grades. Dean's List honors are noted on the official transcript each term earned.

Local students graduate from Western New England University

SPRINGFIELD – Western New England University congratulates over 950 students who received their academic degrees in May 2020.

The following students earned their degrees:

Alexandra Smith of Monson graduated cum laude with a BS Business Administration.

Samar Ghrear of Palmer graduated magna cum laude with a Bachelor of Science.

Julia Malo of Monson graduated magna cum laude with a BS Business Administration.

Rachel Bauer of Three Rivers graduated summa cum laude with a Bachelor of Science.

Nathan Lachapelle of Holland graduated summa cum laude with a Bachelor of Science.

Timothy Hayden of Palmer graduated summa cum laude with a BS in Engineering.

Erin Moriarty of Palmer graduated with a Bachelor of Arts.

Cole France of Brimfield graduated with a BS in Engineering.

Kyle Kacoyannakis of Monson graduated with a BS in Engineering.

A Salute to Undergraduate students of the class of 2020 featuring a driving parade of the Western New England community, conferral of degrees, memories of the journey, and a live chat can be viewed at (https://youtu.be/ruftr3pw-1o).

A Salute to Doctoral, Master's, Law, Pharmacy, and Occupational Therapy students of the class of 2020 can be viewed at (https://youtu.be/XqJt1bKKjcY).

All Class of 2020 students will be warmly welcomed back to campus for a traditional ceremony when it is safe to do so.

PEOPLE/MILESTONE NEWS

As a free service for our readers, we will print all births, weddings, engagements, milestone anniversaries, major birthdays, military achievements, honors and awards. We have a "people news" form available for you to submit these listings. This material is provided to us by our readers and local institutions and we do not charge to print this content.

For more information, or to submit people or milestone news for The Journal Register, please email dfarmer@turley.com.

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'The greatest gift I have ever received:' HCC Foundation awards $210K in scholarships

HOLYOKE - After Doris M. Kemble died in 1990 from cancer, her mother, Abbe, established a scholarship in her memory through the Holyoke Community College Foundation. Kemble had been a beloved member of the HCC nursing faculty, and her mother wanted to make sure her daughter's legacy continued.

It does.

Since 1998, more than 60 HCC students have been awarded the Doris M. Kemble Nursing Scholarship. This year, one of three annual recipients is Versaviya Okhrimenko of Westfield.

"The scholarship means I can go another year at HCC and focus more on my studying and nursing skills rather than worrying about my financial status," said Okhrimenko. "It means I can finish my nursing degree and reach my dream. It is honestly the greatest gift I have ever received."

This spring, the HCC Foundation awarded nearly $210,000 in scholarships to 200 incoming, current and transferring HCC students and will set a record for the number of scholarships it distributes for the 2020-2021 academic year, 233.

Because of COVID-19, students need the money more this year than ever, says Amanda Sbriscia, HCC vice president of Institutional and executive director of the HCC Foundation. The number of applications for scholarships this year increased 22 percent, from 391 to 479.

"HCC students are always remarkable, but they have demonstrated incredible resilience this semester," Sbriscia said. "Many are working, but some have lost their jobs. Still, they are raising children, planning to transfer to four-year schools, changing careers, and blazing a path that for some no one in their family has taken before. When so much of our students' world was unknown as a result of a global pandemic, it was important to ensure they could still count on the HCC Foundation for scholarship opportunities that would inspire them to continue working toward their educational goals."

Over the years, the HCC Foundation, the nonprofit fundraising arm of the college, has provided more than $3 million in student scholarships while also investing in classroom equipment and technology for select academic and student support programs.

Typically, the Foundation hosts a scholarship reception in May where scholarship recipients can interact with the donors responsible for their awards. But this year, of course, the reception was cancelled because of COVID-19 restrictions.

Instead, students were invited to record personal videos that were sent directly to donors.

"Thinking that someone is trusting me and investing in my career - thank you so much for that," Okhrimenko said in here video. "Through this award, you're helping a plain girl like me to become a nurse and save lives."

Below is a list of HCC Foundation scholarship recipients for 2020-2021:

Agawam:
Christine Briggs, Mary Diaz, Danielle Eickelberg, Taylor Provost, Fereshteh Yousefi, Alina Yovenko.

Amherst:
Fathima Amaniyah, Marley Friedrick, Tyler Page, Margaret Schwartz, Xinhong Wu.

Attleboro:
Shawn Viveiros.

Belchertown:
Kathreen Collado, Katrina Griffin, Garret Hussey, Terice Kelly, Jonathan Mahaney, Laura Marks,
Shelbi Moore, Joshua Morrison, Samantha Teschke.

Bondsville:
Annalee Clough.

Brookfield:
Johanna Bosen.

Chicopee:
Lauren Bailey, Alexandria Bombardier, Cynthia Burgos, Evelyn Cruz, Joni George, Melissa Jenkins, Sumeyye Kirca, Tugce Kuruca, Felicia LaPointe, Nakkita MacDonald, Jordan Maroon, Sabrina McCullough, Jennifer Perez, Michael Polanco, Adam Randolph, Jacob Raymond, Brandon Ricardo, Annalisa Rizzo, Christopher Royster, Natalie St. George.

Easthampton:
Noelle Fournier, Maya Grindrod, Sylvan Knight, Isabel Navarro, Melissa Rodriguez, Tai Schutz.

Enfield, Conn.:
Jenelly Baez.

Feeding Hills:
Ashley Ugolini.

Florence:
Brent Blazej, Enette Claxton-Toliver.

Granby:
Andrew Brunelle, Tianna Dwinell, Pegah Motazedi, Hannah Sudsbury.

Hadley:
Andrew Gnatek, Kimberly Russell.

Hampden:
Brittany Brideau.

Hatfield:
Leah Wilson.

Haydenville:
Alexandra Pinschmidt.

Holyoke:
Annmarie Arduino, Leonie Barkakati, Santyanee Chen, Jolene Christmas-Chase, Sharon Copes, Chamile Cruz, Nicole deJong, Erik Duni, Zachary Erwin-Stevens, Cate Boram Ha, Michael Kane, Emma Kane, Ellie Langlois, Jeannette Gia Mendez, Miren Neyra AlcÃ¡ntara, Diamar Oliveras, Sage Pasquale, Caitlyn Paul, Erick Rivera-Gonzalez, Naiomi Robles, Adelaida Rodriguez, Juan Rodriguez, Adelaida Rodriguez, Monica Rosa, Haley Saltares, Samacha Sam Marvin Santiago, Emma Schlegel, Bethany Serrano, Gladys Suero, Edgardo Torres, Deyanira Trujillo, Nathan Wytrwal.

Huntington:
Alexandra Clark.

Indian Orchard:
Danielle Bailey.

Leeds:
Vanessa Oquendo.

Ludlow:
Jade Blake, Audrey Pilon, Krystal White.

Monson:
Dawn Rogers.

Northampton:
Alia Alabsi, Todd Cummings, Maxwell Faytell, Elisabeth Laudone, Avery Rae Maltz, Aundrea Marschoun, Kya Stillson.

Palmer:
Jenna Baruffaldi.

Russell:
Kaitlyn Conway, Jordan Cooper, Lynn Mann, Jodie Paradis.

South Hadley:
Mark Brown, Daniel Conway, Haley Dusseault, Maxim Ferdman-Hayden, Annalese Guerin, Rachel Irzyk, Matthew Lajoie, Matthew McLennan, Corinne Moskal, Zoe Moynihan, Sarah Poirier.

Southampton:
Ashley Dalessio, Shelley Mather, Suzanne Surgen.

Southwick:
Rachel Diamond.

Springfield:
Safiyah Bey, Kyra Brown, Samantha Calvao, Heidi Cheng, Kayla Colby, Melanie Correa, Alison Coulombe, Yannelis Cruz, Daniel Cumba, Aniely Figueroa, Tyla Gervais, Joelle Gilliam, David Gonzalez, Jacqueline Johnson, Jessica Krolicki, Nanelle Le, Nelson Luciano, Alexis Martinez, Gabriella Miranda, Nusaiba Mohammed, Lindsey Place, Joseph Ramos, Nachaly Reyes Santos, Jennyliz Solis, Zadia Valenze, Alexandra Wallace, Coriann Willingham, Vanessa Wilson.

Thorndike:
Jennifer Mason.

Three Rivers:
Salina Aguilar, Samuel Farinloye.

Ware:
Morgan Orszulak, Natashia Sawabi, Margaret Sullivan.

West Springfield:
Lisette Antonmarchi, Chelsea Bergeron, Michael Bonafilia, Christian Castillo, Banen Mustafa, Maurice Ramogi, Mollyann Ryder, Melina Tzambazakis, Kristen Tzambazakis.

Westfield:
Kara Adamites, Tania Alvalle, Nicole Argiro, Grace Cannady, Caleb Curd, Iesha Davila, Maksim Gelmudinov, Michael Gottardi, Zipporah Irari, Jaime Mason, Versaviya Okhrimenko, Kiley Pellegrini, Svetlana Shalygo, Dana Shambo, Olivia White.

Westhampton:
Jessica LaFortune, Isabella Sacharczyk.

Wilbraham:
Elizabeth Busker, Veronica Machuca, Piper Smythe, Destyni Watkins.

Worthington:
Ann McGinley.

Massachusetts Association of School Committees support resolutions for COVID funding, addressing racism

The Massachusetts Association of School Committees (MASC) released proposed resolutions to its 2400-person membership, representing 319 boards calling for full funding for COVID-19 related expenses and for action to address racism as a factor in public education and civic life. The documents, issued by Deborah Davis of Woburn, a member of the Northeast Metropolitan Regional Vocational School Committee are designed to bring both matters to the attention of state and local officials.

Prepared by Springfield School Committee member Denise Hurst, MASC's Vice President and founder of the MASC Minority Caucus , and Ludlow School Committee member Jacob Oliveira a former MASC President and Member of the Board of Directors of the National School Boards Association, the resolutions are a response to a grassroots effort by local elected officials across the state to end racism and get students back to safe and secure schools. "All of this is linked to the social and emotional wellness of students," explained Davis who made the link between "being able to afford effective student safety equipment on one hand and a safe and supportive environment on the other." The resolution linked to COVID-19 expenses was designed to protect districts from an additional fiscal blow from state mandates that are estimated to average over $1.4 million per district.

Oliveira, who led the national effort to secure protections against bias and bigotry as policy of the National School Boards Association, successfully won adoption of anti-discrimination resolutions two years ago. Ms. Hurst has been a driving force behind efforts statewide to link the elimination of bigotry and systemic racism as a key factor in keeping students emotionally well and motivated to learn. Their 2018 floor strategies secured a revision of national policy for NSBA by a slim, three-vote majority.

The state's school committees will be considering these resolutions locally, culminating in a formal vote by the MASC Delegate Assembly in November.

Resolutions are as follows:

RESOLUTION: COVID-19 STATE FUNDING

WHEREAS, if schools are to re-open this fall in the midst of the COVID-19 pandemic, it is the responsibility of each school district to do so safely and responsibly; and

WHEREAS, it is the responsibility of the state to ensure that each school district is able to pay for the enormous additional staffing, transportation and material expenses required to do this; and

WHEREAS, the state cannot expect mandatory COVID-19 safety guidelines to be followed without also ensuring that each school district has the funds required to implement these guidelines; therefore, let it be

RESOLVED: that the state must guarantee every school district full reimbursement for whatever COVID-19 expenses are required to follow state mandates.

We must ensure a statewide school re-opening that is safe, responsible and equitable.

THERE CAN BE NO UNFUNDED MANDATES FOR COVID-19.

SCHOOL COMMITTEE ANTI-RACISM RESOLUTION:

WHEREAS, as schools have the responsibility to equip students with their civil right of obtaining a free and appropriate public education, it is the responsibility of each school to ensure we create a welcoming community for ALL students; and

WHEREAS, it is the responsibility that every district provides to all district staff, including School Committee members' annual professional development on diversity, equity and inclusion; and

WHEREAS, every district will commit to recruiting and retaining a diverse and culturally responsive teaching workforce; and

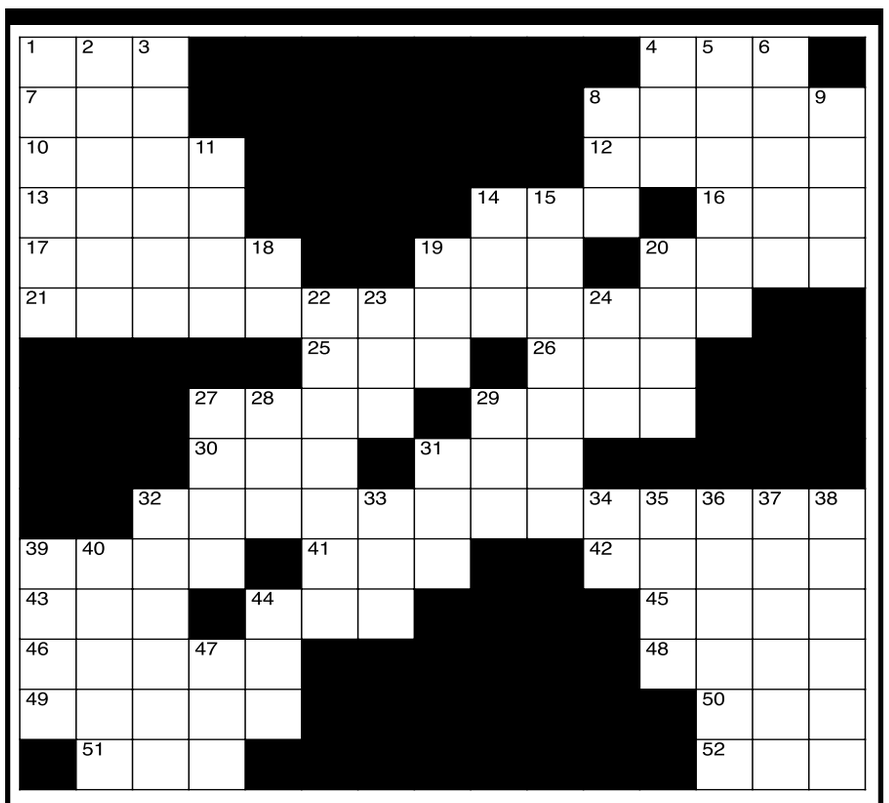
WHEREAS, every district will examine their policies for institutional and systemic racialized practices and implement change with sustainable policies that are evidence based; and

WHEREAS, every district will incorporate into their curriculum the history of racial oppression and works by black authors and works from diverse perspectives; and

WHEREAS, we as school district leaders can no longer remain silent to the issues of racism and hate that continue to plague our public and private institutions;

RESOLVED: that [District] and all the school districts in the Commonwealth must guarantee that racist practices are eradicated, and diversity, equity and inclusion is embedded and practiced for our students, families, faculty and staff.

We must ensure our own school culture and that of every district in the Commonwealth is anti-racist, that acknowledges that all lives cannot matter until black lives matter.



CLUES ACROSS
1. Protects from weather
4. Superhigh frequency
7. Southern constellation
8. Swines
10. Self-righteously moralistic person
12. United Arab Emirates city
13. Surinam toad
14. Sign language
16. Tattoo (slang)
17. Makes level
19. Sun up in New York
20. It must be scratched
21. Where people live
25. Swiss river
26. Buddy
27. One of two equal parts of a divisible whole
29. Shrek is one
30. Egyptian unit of weight
31. Fiddler crabs
32. Carroll O'Connor's TV wife
39. No longer having life
41. Former OSS
42. A way to emit sound
43. Mandela's party
44. Adult female chicken
45. U. of Miami's mascot
46. Southeastern Chinese people
48. Casino game
49. Amos Alonzo __, US football coach
50. Joint connecting two pipes at right angles
51. Will Ferrell film
52. River in NE Scotland

CLUES DOWN
1. Occur
2. Show up
3. Capital of Taiwan
4. Former French coin
5. Some are bad
6. Monetary unit
8. Package (abbr.)
9. Indian religious person
11. Crew
14. Antidiuretic hormone
15. Makeshift
18. Baseball box score stat
19. Make a mistake
20. Not moving
22. Even distribution of weight
23. Clumsy person
24. Paddle
27. Worked the soil
28. Alias
29. Plant cultivated in Peru
31. Side-blotched lizards genus
32. Wild dog
33. Immoral act
34. Pound
35. Manning and Lilly are two
36. Put on the shelf for now
37. Baltimore ballplayer
38. Cuddle
39. Dashes
40. Related on the mother's side
44. Witch
47. Kilogram force (abbr.)

WNE School of Law to present virtual panel discussion

"The Color of Life in a Time of Crisis: Thinking through Racial Disparities during COVID-19"

SPRINGFIELD – The Western New England University School of Law's Center for Social Justice will host "The Color of Life in a Time of Crisis: Thinking through Racial Disparities During COVID-19" on Thursday, June 25 from noon to 1:30 p.m. This event is free and open to the public with registration.

A nationally curated group of panelists will be speaking about the inequalities COVID-19 has laid bare related to race. "This virtual panel is an opportunity to not only reflect on the racial specific conditions of Covid-19 but gives us a chance to chart new paths in planning for the disparate impacts of health pandemics more broadly," explains Professor of Law at Western New England University and moderator for this event, Dr. Bridgette Baldwin. "This could be the foundation for building a new social welfare agenda."

The panel will include:

Dr. Davarian Baldwin, Trinity College
"The Urban Contours of Racial Disparity under COVID-19"

Dr. Matthew Clair, Stanford University
"Mass criminalization, health, and racial injustice"

Dr. Neenah Estrella-Luna, Salem State University
"Latinx Communities in the Time of COVID: Essential, Invisible, and Expendable"

Anthony Paul Farley, Albany Law School
"Necropolitics and COVID-19"

Dr. Lingyan Yang, Indiana University of Pennsylvania
"Sinophobia, A Dividing Idea for the Post-pandemic America and the World"

"I am tremendously excited about this upcoming panel which aligns closely with the Center's mission of advancing justice through research, advocacy, education, and public engagement," says Center Director, Ariel Clemmer. "Racial justice is not only a key aspect of our work, but we hope that this topic, and others we are planning in the coming months, will spark meaningful conversation to help enact change in today's challenging times."

Launched in 2019, the University's Centennial year, the Center for Social Justice is designed to strengthen collaborative efforts between the School of Law and the region to work toward a more just, equitable, and inclusive society in its next century of service. The Center provides a centralized hub of activity and innovation for the School of Law's justice-related teaching, scholarship, and service by broadening social justice academic offerings, engaging students and faculty in public interest and pro bono projects, and working closely with community organizations and partners to identify and address unmet needs that require a multi-dimensional response cutting across law and other fields.

This event is sponsored by Fair Housing and Civil Rights Conference and Western New England University School of Law Center for Social Justice. To register, visit https://forms.gle/EP9SrEnytvkzVZmUA. For more information, contact Ariel Clemmer at ariel.clemmer@law.wne.edu or Bridgette Baldwin at bbaldwin@law.wne.edu.

For more information about the Center for Social Justice, visit the Western New England University Center for Social Justice.

STCC food pantry receives gift from Stop & Shop for summer relief

SPRINGFIELD, Mass. – Springfield Technical Community College received another donation from Stop & Shop to support the Ram Cupboard, the emergency food pantry to help students facing food insecurity.

Stop & Shop has made previous donations to the Ram Cupboard. The latest gift of $1,000 for "summer relief" brings the total to $13,500.

"We sincerely appreciate the generous support from Stop & Shop," said Denise Hurst, Vice President of Advancement and External Affairs at STCC. "This gift comes to us during challenging times. Many of our students have been struggling financially through the COVID-19 pandemic. This donation will help put food on their tables."

The STCC Center for Access Services, which administers the Ram Cupboard, will work with students in need, connect them with local support agencies for immediate assistance and mail them a Stop & Shop gift card for additional support.

In response to the threat posed by COVID-19, STCC this summer and through the fall will offer online courses with a mix of low-density on-campus labs. STCC continues to offer a range of student supports in remote formats, including the Center For Access Services, Academic Advising, Career Development Center, Disability Services, Testing and Assessment, Tutoring and Veterans' Affairs.

Stop & Shop representative Maura O'Brien and Belchertown Store Manager Jasen Hodge recognized the difficulty with food insecurity many students are facing this summer and wanted to help.

"As a show of community support, Stop & Shop is going to provide summer relief to the School Food Pantry recipients at STCC in the amount of $1,000,"O'Brien said. "We know how difficult this time has been for so many, and we're proud to support those in need."

Stop & Shop has offered a school-based food pantry program to help reduce hunger among students in communities served by the company's more than 400 stores in the Northeast.

Stop & Shop works with preschools, grade schools and colleges to create a customized program based on the specific needs of the students and the school's infrastructure. The company's goal is to ensure that students have access to food.

STCC students who need help should contact CAS by emailing CAS@stcc.edu.

Interested in applying to STCC? Visit stcc.edu/apply or call Admissions at (413) 755-3333.

About Springfield Technical Community College

Founded in 1967 and located on 35 acres of the Springfield Armory National Historic Site, STCC is a major resource for the economic vitality of Western Massachusetts. As the only technical community college in Massachusetts, STCC offers a variety of career programs unequalled in the state. STCC's highly regarded transfer programs in business, advanced manufacturing, healthcare, liberal arts, and STEM fields continue to provide the most affordable options for students pursuing a four-year degree. With an annual enrollment of about 7,000 day, evening, weekend, and online students, STCC is a vibrant campus rich in diversity.

For more information about STCC, visit www.stcc.edu. Follow us on Facebook, Twitter (@S_T_C_C) and Instagram (@stccpics).

Granting relief: $35K grant boosts HCC student emergency fund

HOLYOKE - After COVID-19 broke, applications to the President's Student Emergency Fund at Holyoke Community College soared.

The fund, established by President Christina Royal through the HCC Foundation, is meant to assist students facing unanticipated financial burdens, such as a lack of affordable housing, childcare expenses, and transportation.

For the 2019-2020 academic year, 93 percent of student requests to the fund have come since mid-March. As HCC transitioned to remote learning, nearly $25,000 has been distributed to help students facing income loss and struggling to pay their bills in the midst of the pandemic.

"We are talking about an average gift of $500," said Amanda Sbriscia, HCC vice president of Institutional Advancement and executive director of the HCC Foundation, the college's nonprofit fundraising corporation. "That is often the difference between staying on a path to a college degree or never being able to return to the classroom. Studying and learning remotely has meant added an unanticipated expenses for our students. Faster internet, upgraded technology, housing and food costs, utility bills - seemingly simple shifts in daily life are easy to manage for some, but for many HCC students, they can derail their entire education."

Last week, the President's Student Emergency Fund at HCC received a $35,000 boost in the form of a grant from the Community Foundation of Western Massachusetts designated for COVID-19 relief. The HCC Foundation was one of 29 area nonprofits receiving financial assistance in the latest round of COVID-19 relief funds from the Community Foundation.

"You are receiving this grant thanks in part to funding from the Massachusetts COVID-19 Relief Fund," Jim Ayres, CFWM vice president for Programs & Strategy, said in an email to Sbriscia. "The Massachusetts COVID-19 Relief Fund works in concert with regional community foundations and nonprofit leaders to support those across the state most impacted by the COVID-19 health crisis, focusing on essential frontline workers and vulnerable populations including the homeless, immigrant populations, people with disabilities and those facing food insecurity."

With the Community Foundation grant, the HCC Foundation has now raised $72,480 for the President's Student Emergency Fund since late March when it launched the "TogetherHCC" fundraising campaign in response to the pandemic, placing the total amount of dollars available for student relief at $190,000.

The largest single donation to the campaign was $20,000 from HCC alumna Margaret "Peg" Wendlandt '58 and her husband, Gary, who have supported the emergency fund since it was established three years ago. The rest of the contributions have come in much smaller increments from 160 individual donors and area businesses.

"We are so grateful to the Community Foundation of Western Massachusetts, our alumni and HCC employees and friends for believing in the power of our emergency fund to help our students," said Sbriscia. "In one way or another, all our students have been affected by the COVID-19 pandemic. The sense of relief and comfort we're able to provide thanks to the generosity of so many is honestly life-changing for them."

Reopening Massachusetts: Baker-Polito initiate transition to Step Two of second phase

BOSTON – The Baker-Polito Administration announced that Step Two of Phase II of the Commonwealth's four-phase reopening plan, Reopening Massachusetts, began on June 22nd to allow additional industries to resume operations under sector-specific guidelines.

Businesses and sectors set to begin operating in Step Two of Phase II are subject to compliance with all mandatory safety standards.

On May 18, the Administration released a four-phased plan to reopen the economy based on public health data, spending at least three weeks in each phase. Key public health data, such as new cases and hospitalizations, has been closely monitored and seen a significant decline allowing for Step Two of Phase II to begin on June 22.

The following are eligible to reopen in Step Two of Phase II as of Monday, June 22:

Indoor table service at restaurants;

Close-contact personal services, with restrictions;

Retail dressing rooms, by appointment only;

Offices, at 50 percent capacity

Full list and safety protocols available at www.mass.gov/reopening.

In order to give Step Two businesses time to prepare, the Administration had previously released sector-specific guidance in advance of Phase II for industries including restaurants, close-contact personal services and sectors not otherwise addressed:

Guidance for Restaurants

Guidance for Close-Contact Personal Services

Guidance for Other Industries

Guidance for Sectors Not Otherwise Addressed

Before these sectors can resume operations under the guidelines, businesses must meet all safety standards, create a COVID-19 control plan, and complete a self-certification.

Red Cross: Urgent need for blood donations

The American Red Cross has an urgent need for blood donations to prevent another blood shortage as hospitals resume surgical procedures and patient treatments that were temporarily paused earlier this spring in response to the COVID-19 pandemic.

Healthy individuals who are feeling well are asked to make an appointment to donate in the weeks and months ahead by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 800-RED CROSS (800-733-2767) or enabling the Blood Donor Skill on any Amazon Echo device.

In recent weeks, hospital demand for blood products has grown by 30 percent after sharply declining in early April amid this rapidly changing and complex public health crisis. At the same time, blood drives continue to be canceled as many businesses and community organizations remain closed. Donors are needed to make and keep scheduled appointments to help meet the current need.

The Red Cross reminds donors that red blood cells must be transfused within 42 days of donation and platelets within just five days. So, they must constantly be replenished. There is no known end date in this fight against coronavirus, and the Red Cross urgently needs the help of donors and blood drive hosts to ensure blood products are readily available for patients.

Those looking to donate may do so daily at the Springfield Blood Donation Center, 150 Brookdale Drive in Springfield, at various times. More information is available at RedCrossBlood.org.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. For more information, visit redcross.org.

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USDA INSP. FRESH PORK SIRLOIN CUTLETS $1.99 lb
SLICED IN OUR DELI
USDA INSP ROAST BEEF $5.99 lb

USDA INSP. FRESH BONE-IN BEEF RIBEYE STEAKS $7.77 lb
USDA INSP. FRESH BONELESS BEEF CHUCK ROAST or STEAKS $5.49 lb
USDA INSP. FRESH BONELESS BEEF SHOULDER LONDON BROIL $3.33 lb B.C. PRICING

USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG $1.17 lb
USDA INSP. FROZEN CHICKEN THIGHS TRAY PAK B.C. PRICING 59¢ lb
USDA INSP. FROZEN WHOLE CHICKEN TWIN PAK 69¢ lb
USDA INSP. FROZEN BEST YET 2 LB BAG COOKED SHRIMP 51/60 CT $7.99 ea

GREAT ON GRILL
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USDA INSP STORE MADE KOREAN BBQ MARINATED BONELESS PORK BUTT STRIPS $2.29 lb
USDA INSP FROZEN PORK TENDERLOIN $1.79 lb

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LACROSSE

Monson lacrosse seniors honored

MONSON – The Monson High School lacrosse team would have welcomed a new coach in Conor Quinn to the program this year. But six seniors also missed out on the opportunity to play behind Monson High School this year. Sam Malo, Logan Gerry, Ryan Allard, Kyle Martinson, Michael Plante, and Daniel Slate were set to lead the team on the field this year and hopefully take the Mustangs to a playoff spot.



File photos

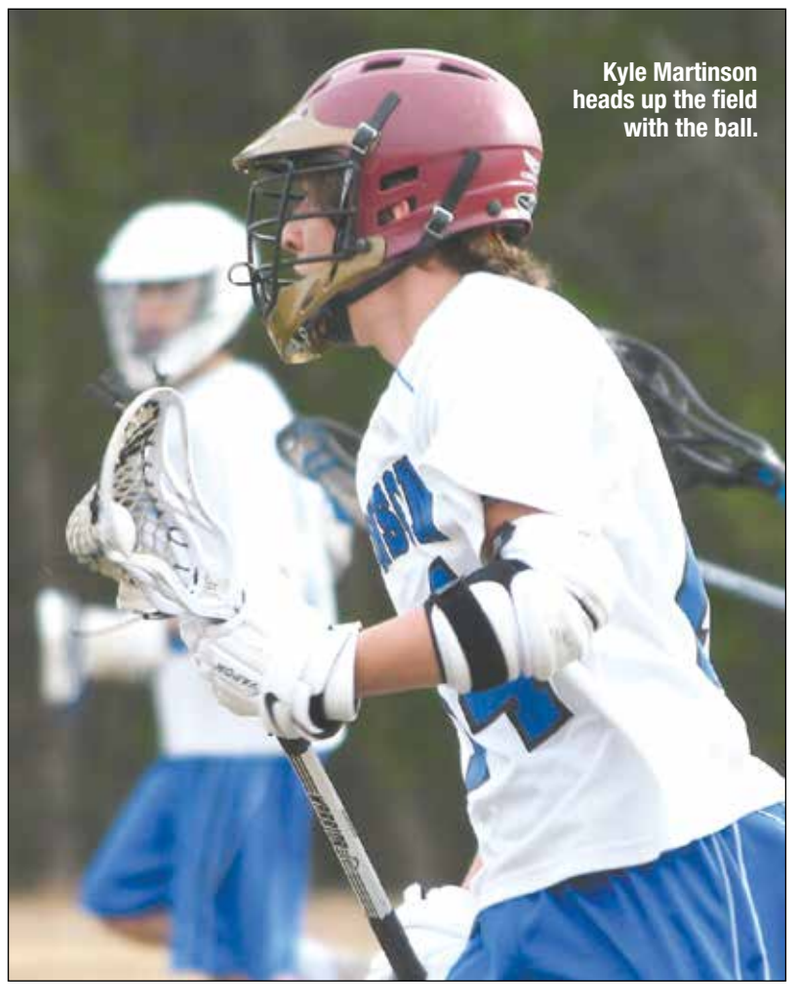
Dan Slate tries to knock the ball loose from his opponent.



Ryan Allard recovers a loose ball behind the Pathfinder goal.



Michael Plante circles toward the goal for the Mustangs during action last season.



Kyle Martinson heads up the field with the ball.

LACROSSE

NECBL alums drafted by MLB teams

NORTH ADAMS – Despite the 2020 Major League Baseball First-Year Player Draft being shortened to five rounds due to the COVID-19 pandemic, the New England Collegiate Baseball League (NECBL) saw eight of its alumni selected during the two-day event followed by nearly 20 others inking free agent contracts in the days that followed.

The Newport Gulls boasted five of the eight NECBL alumni who had their name called over the course of the draft, including 2019 outfielder Hudson Haskin (Tulane) going 39th overall in the second round. Meanwhile, Jared Schuster (Wake Forest), who played in the New England League in 2018 with the New Bedford Bay Sox, kept the NECBL's strong reputation of first-round selections intact after being picked by the Atlanta Braves with the 25th overall pick; the southpaw is the 29th all-time NECBL alumnus to earn a first-round draft curtain call.

In addition to Newport's five draft selections, as well as New Bedford's representation through Schuster, NECBL organizations Upper Valley and Vermont also had one alumnus drafted each, as the Nighthawks saw 2018 right-hander Levi Thomas (Troy) go in the fourth round (109th overall) to the San Diego Padres, while the Mountaineers' 2019 NECBL All-Star, righty Ryan Murphy (Le Moyne), went in the fifth round (144th overall).

At the conclusion of the draft, another 17 NECBL alumni spanning each of the last three seasons signed free agent contracts with a variety of MLB franchises. In total, nine of the league's 13 active organizations from the 2019 campaign had at least one alumnus either drafted or sign as a free agent highlighted by the Gulls' seven such honorees, while Mystic led the way with five free agent signees.

"Given the circumstances and the adversity that not only our league but each and every summer collegiate baseball league has had to endure this season, we could not be more proud of each and every one of our alumni that were either drafted or signed as free agents after this past weekend," NECBL Commissioner Sean McGrath stated. "No doubt will we continue to see more familiar faces do similarly in the days and weeks ahead, but regardless, I am so thrilled for all the young men who have been rewarded for their hard work and dedication not only during their time in the New England League but throughout their collegiate careers, both on the diamond and in the classroom. The best of luck to each of them as they pursue the first chapter of what will hopefully be long professional baseball careers!"

A league-high four players either were drafted or signed by the Baltimore Orioles, while three had their name called by the Seattle Mariners and two apiece went to the San Francisco Giants, Toronto Blue Jays and defending World Series champion Washington Nationals.

MIAA

TMC postpones MaxPreps use this fall

By Gregory A. Scibelli
gscibelli@turley.com

REGION – With COVID-19 completely cancelling out the Spring 2020 season for all high school sports, there has been little opportunity to continue working at integrating new changes set for the upcoming school year and next.

One of those changes has been postponed for the upcoming fall season

In late February, the Massachusetts Interscholastic Athletic Association's member schools voted to go to a statewide tournament. The majority vote took place Feb. 28 and uprooted a tournament Western Massachusetts was used to having for many years.

Further, the "Walker" system, a ranking system formula utilized in Western Mass. as well as some Central Mass. sports, was scrapped in favor of MaxPreps, a CBS-sponsored website that tracks schedules, rosters, results and playing statistics. MaxPreps also has a proprietary rankings system that would have been utilized to determine playoff seeds for the new state tournament.

Many have questioned whether or not the system was fair, especially considering the diversity of the schools in Western Mass., the main reasons the Walker system was created.

Now, the MIAA's Tournament Management Committee has voted to postpone the use of the MaxPreps ranking system for at least the 2020 fall season. As a result, Western and some Central Mass. sports will utilize the Walker system to rank teams for sectional tournaments. Eastern Mass. schools typically rank by overall record with tiebreakers for similar records.

The MaxPreps site will still be used to input scores for the entire school year and then MaxPreps will be used for all aspects of the tournament as the statewide tournament is set to begin in the 2021-2022 school year.

There was a movement at the TMC's June 18 online meeting not to use MaxPreps for the entire school year, but that motion was defeated. The body, which had 12 members present, voted unanimously to postpone it for just the fall.

The fall season was not in question when the coronavirus pandemic first started in March. But as the situation developed, upcoming seasons has come into question because of the extended need to control large gatherings, the continued need for masks, and the idea that life cannot truly return to normal until a vaccine is created. That could take until sometime next year.

The use of MaxPreps as a unifying system is reliant on the coaches and athletic directors making sure scores and statistics are entered into the website in a timely manner.

There are still multiple steps to go before a full 32-team (in most cases) state tournament is implemented. The PVIAC is also still looking to develop an alternative to the departing Western Mass. tournament. The hope is when meetings are able to resume on a more regular basis, those discussions will be able to continue in a productive manner.

Schedules have been set by athletic directors for the fall season, however, it remains to be seen what guidance the state will issue as it relates to athletic contests. It also remains to be seen how high school athletics will adjust to state guidance on classroom time, which may be partially remote this fall.

ICE HOCKEY

T-Birds celebrated growth during 2019-2020 season

SPRINGFIELD – Today, the American Hockey League announced that the Springfield Thunderbirds have been named the league's Ticket Sales Department of the Year and also recognized the franchise for achieving 15% growth in group ticket revenue for the 2019-2020 season.

"We are truly proud to receive this award from the AHL. Ticket sales growth is only possible through the hard work of our sales team and the commitment of our fan base. I want to express my heartfelt thanks to our staff and our community for continuing to support us through this season and beyond," said Nathan Costa, President of the Thunderbirds.

The T-Bird's fourth season saw a continued upward trajectory for the franchise, which is a product of the team's ongoing commitment to fan and community engagement. This year, the T-Birds ranked second in the AHL in year over year growth in both total revenue and total tickets sales. The team placed in the Top 5 in year over year growth across all ticket categories: total sales, full season tickets, group sales, partial plans, and individual ticket sales.

Since the team's inception in 2016, they have achieved a staggering 87% growth in ticket revenue. This past season, they celebrated a new milestone of over 1,000 full season ticket members, achieved eight sellouts, and averaged 5,262 fans per game. This marked the team's second straight year with over 5,000 average attendance.

The announcement was made as part of the month-long 2020 AHL Team Business Spring Series. The 2020 AHL Team Business Spring Series, running May 19 through June 19, is a program of online presentations and discussions being hosted by the league's Team Business Services department. Team and league front-office personnel from throughout the American Hockey League meet each offseason to discuss best practices and innovative ideas in several areas, including ticket sales, corporate sales and marketing.

For more information or to become a 2020-2021 Springfield Thunderbirds ticket member, call (413) 739-GOAL (4625) or visit www.SpringfieldThunderbirds.com.

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The Journal Register
Making their choices count
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Sanctuary taking root through foundation

Message to all men – take ownership of your own health

June is National Men's Health Month

SPRINGFIELD – It's widely known that most women make the healthcare decisions in the family. Women are also 100% more likely to visit their doctor for an annual examination and preventive services than men.

That's why June, which is Men's Health Month, is so important.

Men need to get the message… that there is a silent health crisis in America – it's the fact that, on average, American men live sicker and die younger than American women. Men's Health Month is designed to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

"It is really important for men to take care of themselves, not just for their own benefit, but for their families and loved ones. Men can downplay symptoms, or make the mistake assuming the absence of symptoms equals good health," said Dr. Yasir Saleem of Baystate Family Medicine at the Baystate Health & Wellness Center in Northampton.

Waiting and "assuming" can be really dangerous because certain medical problems do not cause any obvious symptoms until something catastrophic happens.

"This can be the case with diabetes, high blood pressure, and high cholesterol, all of which can be asymptomatic, but raise your risk of having a stroke or heart attack," he added.

So, what can a man do?

Men should exercise, eat a healthy diet and stay at a healthy weight, drink alcohol in moderation, avoid tobacco, get enough sleep, have all recommended screening tests done, and take preventive medicine if you need them.

Healthy men under age 40, who have no pre-existing conditions requiring routine monitoring, should visit their primary care physician every 2-3 years. After age 40, however, healthy men should begin visiting their doctor yearly or more often for anyone with a chronic condition such as diabetes or hypertension.

Health concerns differ with age, noted Dr Saleem.

Cancer, with the exception of testicular cancer (exams can be stopped after age 50), and heart disease are rare in young men. Special to this group, however, are serious health problems that are most often found in a lack of safety precautions resulting in motor vehicle and work-related injuries, as well as smoking, excessive

drinking and risky behavior.

Middle-aged men need to understand what modifiable risk factors they have for heart disease and reducing those risks, whether it means losing weight, working with their doctor to identify the best exercise for their age and condition, or taking medications to lower their cholesterol or blood pressure. Colon and prostate cancer screening digital rectal exams begin at age 50 for most men, unless they have a family history of prostate cancer. In addition, they should have their cholesterol measured every three years even if it has been normal.

"Prostate cancer is controversial and there are many different opinions about what the right answer is. The United States Preventive Service Taskforce (USPSTF) advises that men from ages 55-69 discuss risk and benefits with their doctor. What you do for prostate cancer screening should be reviewed with your primary care provider based on your history, family history, potential symptoms, and overall level of concern," said Dr. Saleem.

Older men have the same needs as middle-aged men and more. They often have at least one chronic condition that also needs to be managed such as diabetes, high blood pressure, high cholesterol, arthritis, or heart disease. Older men also have more concerns about impaired eyesight and hearing.

There are also guidelines now recommending that individuals between 55 and 80 years old, who are at high risk for lung cancer as a result of heavy smoking (defined as those who have smoked for greater than 30 years at an average of one pack per day), receive an annual low-dose CT lung cancer screening.

There is also the continued concern about Hepatitis C, a serious viral infection which can result by coming into contact with an infected person's blood. The concern is that people might have been infected by blood transfusions before 1992, when widespread screening of blood began. Many people aren't even aware that they have this serious condition which can destroy their liver. The vast majority of adults living with hepatitis C are baby boomers. As a result, the Centers for Disease Control and Prevention (CDC) recommends that all adults born during 1945 through 1965 should be tested. The CDC also recommends that other populations at increased risk for hepatitis C get tested.

Of particular note, men have a higher suicide death rate than women.

"There is a strong mind-body connection that we can sometimes not address adequately in medicine. If you are not feeling well mentally because of major depression or anxiety, then it will be hard for you to take care of not only yourself, but those around you. It can be extremely difficult to open up about these feelings, but there is no shame or weakness in admitting when you need help. We only have one life to live, and you owe it to yourself to live it as best as possible," said Dr. Saleem.

A recommended "maintenance schedule" for men detailing checkup and screening guidelines can be found at menshealthnetwork.org.

Most doctors also recommend that patients create a checklist of questions to bring with them so they won't forget any concerns they many want to discuss with their doctor. Also, because many men are procrastinators when it comes to their health,

they shouldn't wait until arriving at their physician's office to hurriedly write their questions down, but instead give them some real thought beforehand.

"Don't' just concentrate on healthy behaviors in June, instead celebrate men's health throughout the year. Be honest about your habits with your physician so we can work together to reach your health goals. Your body will thank you for it….and so will your family," said Dr. Saleem.

To make an appointment with Dr. Saleem, call 413-387-4100.

For more information on Baystate Health and its many primary care practices, visit baystatehealth.org.

Protect yourself and others from the deadly heat and humidity of summer

And don't forget the kids – never leave them in a hot car

SPRINGFIELD – The heat and humidity has already arrived along with the summer months.

Heat is a dangerous "disease" and can kill. According to the Centers for Disease Control and Prevention, each year in the United States hundreds of people, both adults and children, die from the heat.

However, you can stay cool and safe this summer by observing some important tips to keep you healthy and prevent heat-related illnesses.

Who is at risk:

"Those at greatest risk for developing a heat-related illness are children under 5 and people 65 years of age and older, who have the least ability to regulate their body temperatures, as well as those who work outdoors for a living," said Dr. Joseph Schmidt, vice chair and chief of Emergency Medicine at Baystate Medical Center.

Overweight people and others with chronic illnesses such as heart disease or high blood pressure, as well as those on certain medications, are also at high risk.

Extreme heat affects the body's ability to safely regulate its temperature, often resulting in heat-related illnesses such as heat exhaustion, heat stroke, or heat cramps. Sweating is the body's natural defense to cooling itself. However, when humidity is high, sweat does not evaporate as quickly, preventing the body from releasing heat quickly and resulting in a rapid rise of body temperature.

Tips for keeping cool:

As with many illnesses, the best defense is prevention, and Dr. Schmidt suggests the following tips to keep you safe in the high heat:

Stay out of the heat – Avoid direct sunlight and strenuous activity outdoors. If possible, remain indoors. If you do not have air conditioning, consider visiting a location that does, such as the mall or a movie theater.

Dress for the weather – Wear lightweight, light-colored, loose-fitting clothing and a broad-brimmed hat when outdoors. Stay away from polyester in favor of cotton and linens which are better at repelling the sun's heat. Also, consider wearing sunglasses and putting on a sunscreen with an SPF 15 or greater.

Drink plenty of liquids – Begin drinking before you go outside and, if exercising, drink one quart of liquid an hour to replace lost fluid. Avoid caffeinated beverages and alcohol which can contribute to the loss of more body fluid. Also, if taking water pills or on a fluid restrictive diet, consult with your physician before increasing your liquid intake.

Take it slow and easy with athletic activity and working outdoors – Postpone athletic activity during high heat and humidity. Limit outdoor activities to the morning and evening. Drinking sports beverages can replace lost salt and minerals when you sweat. However, those on low-salt diets should check with their doctor before drinking sports beverages. If you work outdoors, in addition to drinking plenty of liquids and dressing appropriately, pace yourself and take frequent short breaks in the shade.

Eat smaller meals – Instead of the usual rule of eating three square meals a day, eat smaller meals more frequently on days when the sun turns up the heat. Also, avoid high-protein foods which can increase metabolic heat.

Warning signs:

Warning signs of an oncoming heat-related illness could include excessive sweating, leg cramps, flushed skin, nausea and vomiting, dizziness, headache and rapid pulse. If these occur, Dr. Schmidt suggests getting out of the heat and drinking liquids. If you don't feel better soon, call your doctor or visit your local emergency department.

"Heat stroke can cause death or permanent disability and requires immediate emergency medical treatment," said Dr. Schmidt about the serious condition which can cause damage to the brain and other vital organs.

Warning signs of heat stroke can vary, but may include the following: body temperature of 103º For higher, dizziness, throbbing headache, nausea, confusion, a rapid, strong pulse, and in extremely critical cases, unconsciousness.

"In addition to taking care of yourself from the ill-effects of the heat, don't forget to check on elderly relatives and neighbors several times a day to make sure they are safe and free from any signs of heat exhaustion or heat stroke," said Dr. Schmidt.

Kids in hot cars

Dr. Schmidt also reminds parents and caregivers that hot weather and vehicles can be a deadly combination for kids.

"Children are at serious risk for heat stroke when left alone even for a few minutes in a closed vehicle or even in one with the window left slightly open," he said.

Sleeping in the heat

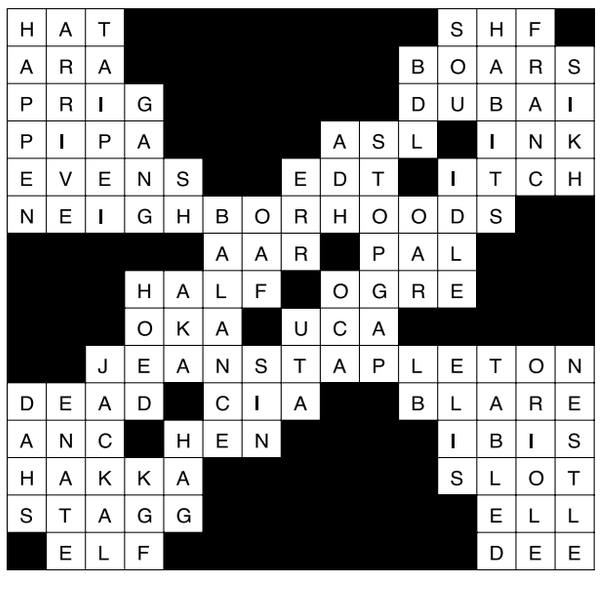
"Even for those who do not suffer from a sleep disorder, getting to sleep can be more of a challenge in New England during the summer months," said Dr. Karin Johnson, director, Sleep Lab, Baystate Medical Center.

"There have been studies done on exactly what room temperatures are beneficial to our sleep. In general, many cite between 60 and 67 degrees Fahrenheit as ideal with temperatures exceeding 75 degrees Fahrenheit and below 54 degrees Fahrenheit as disruptive to our much needed sleep," said Dr. Johnson.

The National Sleep Foundation offers the following tips to help both young and old sleep better in uncomfortable, hot weather, especially when air conditioning isn't an option:

1. Use a fan to keep the air circulating.
2. Close the blinds to keep out sunlight. Also, keep the windows closed if the temperature outside is much hotter than inside. Open the windows at night if the temperature is cooler outside than in your house.
3. Heat rises. So, sleep downstairs in the blistering heat.
4. If you do not have an air conditioner, and fans just aren't doing the trick, consider asking family or friends who do have an air conditioner if you can stay with them for a few nights.
5. Other options include sleeping outdoors under protection for mosquitoes and other insects, or during an extreme heatwave some communities may open cooling centers in schools or public places that are air-conditioned.
6. Water is a great cooling agent and taking a cold shower or bath before bed may help.
7. Wear light bedclothes and light pajamas. There are pajamas made from materials that wick away sweat, meaning the fabric pulls moisture from the body to the exterior of the clothing item where it can evaporate more easily.

For more information on Baystate Health, visit baystatehealth.org.



DCR announces start of waterfront services across the commonwealth

BOSTON - The Massachusetts Department of Conservation and Recreation (DCR) today announced that several of the agency's inland and ocean beaches across the Commonwealth will provide waterfront services for the public beginning Saturday, June 20, 2020 in accordance with safety standards issued by the Executive Office of Energy and Environmental Affairs (EEA) as part of Phase II of the Baker-Polito Administration's reopening plan. Phase II standards include:

Parking lots, people entering the beach, or other factors should be managed, if necessary, to limit beach capacity to accommodate adequate social distancing based on an assessment by the beach manager;

Beach visitors are required to maintain social distancing of at least 6 feet or more at all times and visitors should maintain at least 12 feet minimum distance between toweling/beach blanket areas; and,

No-contact ball games such as catch, kadima, Kan Jam and bocce can be allowed provided that social distancing can be maintained, and group size guidelines followed.

Waterfront services at state beaches include regularly scheduled water quality tests, ropes and buoys in place, and the start of staffing lifeguards at many swimming locations. A complete list of locations with waterfront services can be reviewed on the agency's website. Furthermore, when visiting state beaches and other state park properties, DCR asks the public to adhere to the following guidance:

Minimize outdoor recreational time to limit potential exposure to COVID-19;

Stay within solitary or small groups, and avoid gatherings of ten or more people;

Wear a face mask or facial covering when social distancing cannot be practiced;

Administer healthy personal hygiene, such as handwashing for at least 20 seconds;

Participate in only non-contact recreational activities;

Leave a park or facility if large gatherings begin to build; and,

Stay home if ill, over 70, and/or part of a vulnerable population.

Recently, the department opened spray decks, playgrounds, and fitness areas for the public. DCR has also opened Ponkapoag Golf Course in the Town of Canton and Leo J. Martin Memorial Golf Course in the Town of Weston. In an effort to reduce the spread of the COVID-19 virus, DCR-managed golf courses have several new measures in place aiding users with social distancing. Additionally, to inform visitors of COVID-19 impacts on the state parks system, DCR created a Massachusetts State Parks COVID-19 Updates webpage. Prior to visiting a state parks property, members of the public should review the contents of the webpage.

Girls on the Run Western MA unveils Power Up Activity Kit

Kit provides 50 activities to keep girls ages 8 to 11 active and healthy this summer

Girls on the Run Western MA on June 19th unveiled the Power Up Activity Kit to help keep Western Mass. girls active and healthy through the summer while inspiring creativity, encouraging movement, and teaching new skills. Girls on the Run WMA is a leader in developing and delivering life-changing programs for girls through more than 75 sites across the Western Mass. area and has served more than 5400 girls since it was founded in 2015.

After the cancelation of schools, implementation of social distancing, and the restrictions around large public events due to the coronavirus pandemic, the 5 year old nonprofit adapted quickly to alter its spring season to continue to deliver on its mission to inspire girls to be joyful, healthy and confident. This new offering by the nonprofit organization also delivers on that mission.

"Providing girls with opportunities to develop empathy, build resiliency, and identify and understand their values, choices, and emotions, are important now more than ever before," said Alison Berman, Council Director of Girls on the Run Western MA. "It is never too early for girls to learn how to put these important skills into practice. This kit will help girls move, laugh and grow, and in the process find their inner girl power."

The at-home kit includes 50 activities to fuel girls' mind, body and spirit that emphasize the important connection between physical and emotional health. Each activity helps girls learn important skills such as how to cope when things get difficult, demonstrate care for self and others, and practice positivity. From the silly starters to the fun movement games and challenges, the activities were designed to get girls to laugh, create, and grow.

Available starting June 19 at www.girlsontherunwesternma.org the kit is $49 and includes: The Power Up Activity Book, an exclusive GRL PWR t-shirt, Physical Activity Training Plan, Completion Certificate, and a few other fun surprises, delivered directly to her doorstep.

The nonprofit organization is also raising funds to provide sponsored kits to girls within the community, visit their website to make a donation.

Added Berman, "For 5 years we have always done everything we can to support all girls as they navigate adolescence. This kit will help her grow her confidence and realize the potential she has to Power Up."

About Girls on the Run

Girls on the Run Western MA serves all four Western MA counties. They just completed their 5 year and served over 5400 girls in over 75 different sites.

Girls on the Run International designs programming that strengthens third- to eighth-grade girls' social, emotional, physical, and behavioral skills to successfully navigate life experiences. Each year, more than 200,000 girls ages eight to 13 participate in 210+ communities in 50 states and Washington DC. More than 2 million girls have participated in the program since it launched in 1996. The curriculum reaches girls at a critical stage, strengthening their confidence at a time when society begins to tell them they can't. Underscoring the important connection between physical and emotional health, the program addresses the whole girl when she needs it the most. Results show GOTRI programs inspire and empower girls to build healthy physical and mental habits that last long beyond the program. According to a longitudinal study conducted by The University of Minnesota, 97% of Girls on the Run participants said they learn critical life skills including resolving conflict, helping others or making intentional decisions; and 94% of parents reported it was a valuable experience for their girl. To learn more about this international non-profit, visit www.girlsontherunwesternma.org.

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Making their choices count
Trump, Sanders win big in Journal towns

DEATH NOTICES

Cadieux, Elizabeth
Died May 13, 2020
There will be no services

Schlesinger, Regina E.
Died June 18, 2020
Funeral services June 25, 2020
Beers & Story Funeral Home

Stearns, Donna A. (Dentamaro)
Died June 19, 2020
Services will be held at a later date
Lombard Funeral Home

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary,** costing $100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

OBITUARIES

Elizabeth Cadieux 77

Elizabeth Cadieux 77, earned her angel wings on Wednesday May 13th 2020.

Born on January 6th 1943, she was reunited with her beloved mom Charlotte Tereska.

Formerly of Wood-ridge, New Jersey and resided in Palmer for the past 34 years.

Liz was a free spirit who lived life on her terms. She loved to drink wine, take pictures, make porcelain dolls, watch Turner Classic movies and her soap opera shows and eat her favorite coffee ice cream. One of her favorite quotes was "It's when things seem worst that you must not quit."



She was predeceased by her soul sister Donna Gamache her nephew Jim Gamache and her loving dog Peaches

She will be deeply missed by her sons, Andrew Orrock from Tacoma, Washington, Alec Orrock from Aliso Viejo, California, Her brother Bill Tereska of Florida, Her very close friends Terry DelMonte of Chicopee and Derek and Robin Gamache of Brimfield , Debi Strause of Palmer And many other friends and family.

Per Elizabeth's wishes there will be no services. Donations can be made in her name to the Palmer Senior center, 1029 Central St. Palmer, Ma.

Regina Elaine Schlesinger, 86

PALMER - Regina Elaine Schlesinger, 86, passed away June 18, 2020 with her loving husband by her side. She was born on March 5, 1934 in Three Rivers to the late Felix and Florence (Roberts) Marier. Regina was a longtime communicant of St. Thomas the Apostle in Palmer. She was previously a member of the Down to Earth Garden Club, Bespride Button Club, the National Button Society, and the Elbow Plantation Historical Society. She loved quilting, sewing, gardening, cooking, baking and spending time with her beloved grandchildren. She also enjoyed traveling and playing Bridge with dear friends. Regina also took pride in her hometown of Palmer as well as spending time with "the girls". Besides her parents, Regina was preceded in death by her brother Robert Marier. She will be dearly missed by her husband of 64 years, Edward A. Schlesinger, and by her children Sandra Kennison and husband Brad, Lynn Butler, Mark Schlesinger and Paul Schlesinger. She also leaves 5 grandchildren, Kara and Kyle Schlesinger, Heather Diaz, Tyler Lang, Kristy Rice and 3 great grandchildren, Elise and Xavier Diaz and Derek Rice. Regina is also survived by her brother Russel and sisters, Olive St. Germain and Ruth Soglia. Calling hours will be held on Wed. June 24th from 5-7 pm at the Beers & Story Funeral Home in Palmer. Friends and family may gather at the funeral home on Thur. June 25th at 9 a.m. for a procession to the Funeral Mass at St. Thomas Church in Palmer at 10:00 a.m. followed by a burial in St. Thomas Cemetery. Regina's Funeral Mass may also be attended virtually by going to the following link https://client.tribucast.com/tcid/175354226. Donations in Regina's name can be made to St. Jude's Children Research Hospital. For more information or to sign the online guest book, please visit www.beersandstory.com



Donna A. (Dentamaro) Stearns, 52

HOLLAND - Donna A. (Dentamaro) Stearns, 52, passed away Friday, June 19, 2020 surrounded by love of family at her home. Donna was born in Hartford, Ct to Joseph and Joanne (Peckham) Dentamaro. Donna spent many summers at the lake before marrying her husband and becoming a permanent resident. For many years she worked at Holland Pizza and Fenders Drive In. Donna loved to play "Bingo" and enjoyed shopping. She cherished her grandchildren, nieces and nephews and many friends.

Donna leaves her husband Bruce F. Stearns, her children Jeffrey Dentamaro of Venice, Florida, Dustin Stearns of Holland; her parents Joseph and Joanne Dentamaro of Florida; sisters, Diane Balderelli and her husband Scott of Holland, Denise Dentamaro of Florida, Debbie Krenzul and her husband Robert of Florida, her best friend and caregiver Anna Krenzul and her cherished grandchildren, Roxie Alan and Sophia.

Lombard Funeral Home of Monson has been entrusted with the arrangements. Services will be held at a later date. For online condolences please visit www.lombardfuneralhome.com.

Business owner talks clean working space during pandemic

Staff Report

For the past several months, people across the country have been sheltering at home to help stop the spread of the COVID-19 virus. It is no surprise that people are now nervous about rejoining their communities and reentering public spaces.

The COVID-19 pandemic has changed the definition of "clean," according to Kevin Fall from SERVPRO of Hampshire County. As the country slowly begins to reopen, Fall, a local professional cleaning specialist, said there four things people should look for when they reenter their community to help ensure they are stepping into a healthy environment.

1. Look for "signs" of clean.

"When you first walk into a building, you should immediately take inventory of whether the space has been cleaned recently," Fall said. "A clean space should be free of visible dirt and trash."

He added that seeing fingerprints on doors and windows or stains on countertops and tables may indicate a relaxed attitude towards cleaning. High-touch surfaces should be disinfected regularly.

"Oftentimes, you can smell a freshly cleaned facility," he said. "Standalone sanitation stations are a good sign that preventing the spread of germs is a priority. You may notice physical signage stating when the space was last cleaned, who is servicing the facility, or details of a regular cleaning regimen. Many businesses are also hanging signage to remind guests and employees of proper social distancing standards."

2. What adjustments have staff made?

"Everyone has a responsibility to stop the spread of the coronavirus," said Fall.

The staff of retail businesses, restaurants or community centers should be properly trained in CDC-approved cleaning methods. If employees are not using proper techniques or products, it might be because of a lack of proper training. Likewise, look for staff who are wearing gloves and masks and who are practicing safe distancing when interacting with customers.

"It is obvious when the business is not protecting its employees," he said. "People should come before profits."

3. What adjustments has the business made to the physical space?

Many businesses and facilities have made physical changes to their buildings to help reduce the risk of spreading illness. The business may adjust the traffic flow of patrons to prevent congested areas. Contactless points-of-sale are becoming more common, and many businesses are constructing barriers between employees and guests. Some are even adding markers on floors to indicate safe distances. One good way to help prevent the spread of infection is to reduce the number of touch points, such as propping doors open and opening windows to increase airflow. Some businesses are going a step further and reducing the number of guests allowed inside the space at one time.

4. Does it look like "business as usual?"

"In the same way that the country changed following 9/11, what we once knew as "normal" may change forever," Fall said. "If a facility is still operating in the way it did before the coronavirus pandemic, there is a good chance the managers or staff are not taking the illness seriously and are not prioritizing the health of their employees and guests."

CLEAN | page 12

Police/Fire

Police Logs

PALMER

The Palmer Police Department responded to a total of 383 incidents from June 16th to June 23th. The department 11 arrests or summons. Those arrested will appear in the Palmer District Court at a future date and are innocent until proven guilty.

Tuesday, June 16

Patrick Charles Callahan, 30, of 19A Walnut St., Palmer, was arrested at 7:59 p.m., on Thorndike Street in Palmer, on charges of operating under the influence of liquor; negligent operation of a motor vehicle; and failing to stop/yield.

Friday, June 19

Jacob Rovelli, 25, of 24 Maple Ter., Three Rivers, was arrested at 4:56 p.m., on Maple Terrace in Three Rivers, on charges of assault and battery (domestic); assault and battery an elderly person 60 years of age or older and disabled; and violating a harassment prevention order.

Friday, June 20

William A. Wagher, 24, of 5 Orchard St., Palmer, was arrested at 7:13 p.m., on High Street in Thorndike, on charges of unlicensed operation of a motor vehicle; and operating a motor vehicle with a suspended license.

Monday, June 22

Jeremiah Gauthier, 42, of 36 Rockview St., Palmer was arrested at 6:24 p.m., on Rockview Street in Palmer, for a warrant.

Isaac James Spencer, 40, of 1047 Pleasant St. Apt. #205, Palmer, was arrested at 8:26 p.m., on Pleasant Street in Palmer, for a warrant.

MONSON

The Monson Police Department made three arrests or summons from June 14h to June 20th. Those arrested will appear in the Palmer District Court at a future date and are innocent until proven guilty.

Tuesday, June 16

Christopher Alan Thibert, 31, of 3 Williams LN., Holland, was arrested at 6:58 p.m., on charges of operating under the influence of liquor; negligent operation of a motor vehicle; and possessing an open container of alcohol in a motor vehicle.

Fire Logs

PALMER

The Palmer Fire Department responded to a total of 16 calls from June 16th through June 23rd.

On Tuesday, June 16th, at 11:03 p.m., the department provided medical assistance on North Main Street. The department returned to service at 11:38 p.m.

On Wednesday, June 17th, at 9:55 a.m., the department responded to a lockout on Thorndike Street. The department returned to service at 10:11 a.m.

On Wednesday, June 17th, at 10:12 p.m., the department provided medical assistance on Dublin Street. The department returned to service at 10:41 p.m.

On Wednesday, June 17th, at 10:48 p.m., the department provided medical assistance on Allen Street. The department returned to service at 11:33 p.m.

On Thursday, June 18th, at 8:40 p.m., the department responded to a service call on Central Street. The department returned to service at 8:50 p.m.

On Thursday, June 18th, at 10:18 p.m., the department responded to a service call on Central Street. The department returned to service at 10:23 p.m.

On Saturday, June 20th, at 2:10 p.m., the department responded to carbon monoxide detector activation on Summer Street. The department returned to service at 3:31 p.m.

On Saturday, June 20th, at 7:22 p.m., the department responded to a smoke detector activation on Breckenridge Street. The department returned to service at 7:50 p.m.

On Sunday, June 21st, at 10:11 a.m., the department provided medical assistance on Hill Street. The department returned to service at 10:27 a.m.

On Monday, June 22nd, at 8:53 a.m., the department responded to an alarm activation on Main Street in Thorndike. The department returned to service at 9:38 a.m.

On Monday, June 22nd, at 10:28 a.m., the department provided medical assistance on Hill Street. The department returned to service at 10:45 a.m.

On Monday, June 22nd, at 10:45 a.m., the department provided medical assistance on Wright Street. The department returned to service at 11:08 a.m.

On Monday, June 22nd, at 11:33 a.m., the department responded to a motor vehicle accident with entrapment on Park Street. The department returned to service 12:12 p.m.

On Monday, June 22nd, at 7:05 p.m., the department responded to a call that was cancelled while en route on Fenton Street. The department returned to service at 7:07 p.m.

On Tuesday, June 23rd, at 7:40 a.m., the department responded to a motor vehicle accident with a fluid spill on River Street. The department returned to service at 8:10 a.m.

THREE RIVERS

The Three Rivers Fire Department responded to a total of four calls from June 16th to June 22nd.

On Tuesday, June 16th, at 12:15 p.m., the department responded to a smoke detector activation on Springfield Street. The department returned to service at 12:20 p.m.

On Tuesday, June 16th, at 10:46 p.m., the department responded to an EMS incident on Maple Terrace. The department returned to service at 11:15 p.m.

On Saturday, June 20th, at 11:57 a.m., the department provided mutual aid to the Town of Russell for a structural fire. The department returned to service at 9:30 p.m.

On Monday, June 22nd, at 8:49 a.m., the department was called to provide public assistance. The department returned to service at 9:10 a.m.

BONDSVILLE

The Bondsville Fire Department responded to a total of three calls from June 16th to June 22nd.

On Thursday, June 18th, at 7:22 p.m., the department responded to brush fire on Jim Ash Road.

On Saturday, June 20th, at 11:52 a.m., the department provided mutual aid as part of the District 11 Structural Task Force to Valley View Avenue in Russell for a structure fire. The department returned to service at 8:56 p.m.

On Monday, June 22nd, at 8:54 a.m., the department provided mutual aid to Main Street in Thorndike for an alarm activation. The call was cancelled en route, and the department returned to service at 8:56 a.m.

MONSON

The Monson Fire Department responded to 22 EMS Calls and three Fire Calls from June 15th to June 21st.

On Friday, June 19th, at 6:21 p.m., the department responded a Carbon Dioxide detector activation on Main Street. The department returned to service at 6:37 p.m.

On Friday, June 19th, at 6:21 p.m., the department responded to the town of Russell as part of a District 11 Structural Task Force for a mill fire. The department returned to service at 11:00 p.m.

On Saturday, June 20th, at 1:30 a.m., the department responded to a fire alarm activation on Main Street. The department returned to service at 1:40 a.m.

FEMA cancels Public Alert & Warning System national test due to COVID-19

WASHINGTON - Due to the ongoing coronavirus (COVID-19) public health emergency response, FEMA will not conduct a national test of the Integrated Public Alert and Warning System (IPAWS) this year.

FEMA is moving the next national test of the system to 2021 out of consideration for the unusual circumstances and working conditions for those in the broadcast and cable industry. Although systems remain in place for rapid automatic transmission of the test message by broadcast and cable operators, the follow-on reporting activities associated with a national test place additional burdens on technical staff that are already quite busy maintaining as close to normal operation as possible.

IPAWS is a national system for local alerting that provides authenticated emergency alert and information messaging to the public through cell phones and internet applications using Wireless Emergency Alerts (WEA), and to radio and television via the Emergency Alert System (EAS). Emergency officials across the country sent more than 360 important safety messages on the COVID-19 pandemic to their residents via WEA and EAS.

FEMA is required by law to test IPAWS at least every three years. The national WEA capability was most recently tested in conjunction with the EAS in 2018.

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RMV encouraging customers to renew licenses online

Customers who renew standard license online at Mass.Gov/RMV before August 12th will have $25 Real ID upgrade fee waived upon future return visit to a Service Center

The Massachusetts Registry of Motor Vehicles (RMV) is encouraging all eligible customers to renew their standard Massachusetts driver's license or Massachusetts ID card online at Mass.Gov/RMV any time between now and August 12, 2020, in order to qualify for a free upgrade to a REAL ID credential in 2021. This one-time, time limited offer is available to most customers who have an expired or expiring license or ID card dated between March 2020 and August 2021, as renewals are allowed up to two years after expiration, or up to a year in advance of the expiration date printed on their license or ID.

"The RMV is encouraging all of our customers to stay safe, save time, and go online during the COVID-19 pandemic to renew their license or ID card, rather than attempting to come in to get a REAL ID," said RMV Registrar Jamey Tesler. "Over 500,000 people have a license or ID credentials that expires this summer that can be renewed online, and we hope they will all take advantage of this one-time offer for a free, future upgrade to allow the RMV to prioritize 'social-distancing' and other essential transactions that may only be completed in-person."

Qualifying customers who complete their renewal online prior to August 12th and wish to upgrade to a REAL ID for free, will have to wait until at least February 2021 to visit an RMV Service Center. At this time, customers will not need a federally-compliant REAL ID for the purposes of boarding domestic flights prior to October 1, 2021 because the federal government delayed the compliance effective date by one-year. The fee for obtaining a standard or REAL ID license is $50, while the fee for obtaining a standard or REAL ID card is $25. The typical $25 upgrade / amendment fee will be waived under these qualifying circumstances. A limited digital campaign - "Stay Safe, Save Time, Go Online" - will also accompany this promotion and can be viewed at this link:

https://youtu.be/B3NuH-gTwa3Q

Obtaining an initial federally-compliant Real ID requires all customers to visit a Service Center in-person to present verifying documents. The RMV has introduced this initiative and fee waiver pursuant to Executive Order 39 issued by Governor Baker on June 12, 2020, and in light of the COVID-19 public health emergency to encourage 'social-distancing' and limit unnecessary travel by reducing the need for many customers to visit a Service Center, and allowing for the prioritization of essential in-person needs by appointment-only.

Customers should take the following steps to determine their online renewal eligibility and to qualify for this offer:

Visit Mass.Gov/RMV, login to your "myRMV" account, and find out if they are permitted to renew online.

Renew online by August 12th - your new standard license or ID card will be sent to you via U.S. Mail.

The cost for renewing a driver's license is $50. The cost for renewing an ID card is $25. These costs are the same for both a standard or REAL ID license or ID card. The cost for upgrading or amending a license or ID card outside of your renewal cycle is $25, which will be waived for participating, eligible RMV customers.

Customers who renew online will have to wait until at least February 2021 to make an appointment for a REAL ID and have their $25 upgrade / amendment fee waived. Anyone who holds a valid U.S. passport or other federally-compliant form of identification may never need a RMV-issued Real ID.

As a service to its members, AAA continues to issue REAL ID credentials for their members only and members should make an appointment before visiting an AAA location.

While the RMV has previously announced the below automatic extensions to certain expiring licenses and ID cards, all eligible customers are encouraged to take advantage of this offer by renewing online prior to August 12th.

Driver's licenses and ID cards that expired or will expire in March, April, and May 2020 will now expire in September 2020.

Driver's licenses and ID cards that will expire in June have been extended until October 2020.

Driver's licenses and ID cards that will expire in July have been extended until November 2020.

Driver's licenses and ID cards that will expire in August have been extended until December 2020.

All RMV customers are encouraged to visit www.Mass.Gov/RMV to renew their license or ID card, and complete one of over 40 other transactions available online, by mail, or by phone.

For details on these and other credential expiration date extensions and additional information on RMV service offerings during the COVID-19 pandemic, please visit www.mass.gov/rmv or https://www.mass.gov/info-details/rmv-covid-19-information.

HCC student, 18, earns both high school diplomas and associate degree



HOLYOKE - Sage Pasquale took her first class at Holyoke Community College when she was only 14 years old.

That was "Dinosaurs of New England: A Geologic History of the Pioneer Valley," a four-credit environmental science laboratory course taught by Prof. Steven Winters. Sage wound up tagging along with her older sister, River, who was already enrolled and thought she might enjoy it.

River was right.

"I loved that class," says the younger Pasquale. "That was a nice introduction to HCC."

For Pasquale, a homeschooled student from Holyoke, "Dinosaurs of New England" also served as her introduction to a traditional classroom, a place she found she fit right in. The following semester, she signed up for two more HCC courses, the next semester three, until she was finally a full-time, dual-enrolled high school student.

"I kind of eased into it," she says. "I had never taken an actual test before coming to HCC, so that was certainly a big change." One that didn't seem to bother her at all.

This spring, HCC is honoring 199 graduating seniors from 31 different high schools who all took classes at the college through its Dual Enrollment Program. Dual Enrollment allows high school students to earn transferable college credits while they work toward their high school diplomas.

According to HCC's Admission's office, these seniors combined for 2,100 college credits, but only one of them earned both a high school diploma and her associate degree at the same time.

That would be Sage Pasquale. Now 18, Pasquale says she didn't realize she would have enough credits to get a degree until December 2019.

"I was really just taking classes because I was interested in them," she said earlier this month. "I kind of had a dream that I would graduate from high school with an associate's degree, but it was never really my plan."

Along the way, she made the Dean's List in each of her final four semesters. "I never really paid much attention to that," she said. "I was just at HCC to take the classes, learn what I could and do as well as I can."

She did very well.

As a member of the HCC Class of 2020, Pasquale, a math major, completed her associate degree with a GPA of 3.86, high honors, and two transfer scholarships from the HCC Foundation that she will apply toward her continuing education at Agnes Scott College, a small, all-women's college outside Atlanta, where she plans to study physics or math.

"I think it will be an interesting place to go to school," Pasquale said. "It's so different from western Massachusetts. I've grown up my whole life here, and I wanted to experience something different."

While attending to her studies, Pasquale taught gymnastics at a studio in East Longmeadow and was co-founder of Youth Rides Together, a group of area homeschoolers and young activists who work on projects related to contemporary issues like immigration and climate change.

At HCC, she was founder of the college's first-ever Dual Enrollment Club.

Although U.S. History II was her "absolute favorite class" at HCC, she ultimately gravitated toward math.

"I like all of the rules, and how there's no guesswork involved," she said. "It's really concrete, and there's always a right answer."

Heading into her final semester this spring, Pasquale didn't slack off. Instead, she took Calculus 3, Physics 2, and a six-credit honors colloquium called "Ecosocialism or Ecocide? The Challenges of Environmental Ethics and Politics." All of them fit right in with her interests and career pathway.

"I'm interested in engineering," she said. "Civil engineering or environmental engineering, because I think that will be a really important part of combating climate change."

As COVID-19 restrictions began to ease, Pasquale was hoping to soon be able to start a summer job as a counselor at a gymnastics camp in Burlington, Vermont. Never one to go the traditional route, she planned to hike there, up the Appalachian Trail.

Wilbraham Monson Academy announces re-opening plans

WILBRAHAM – Wilbraham & Monson Academy recently announced its plans to re-open in person for the 217th academic year of the Academy.

In a letter to families, Head of School Brian P. Easler outlined the Academy's plans, recognizing that circumstances may change and WMA will continue to make adjustments as needed.

"We are confident and excited to welcome all of our students back to campus for the coming school year," said Easler. "After months of planning and developing contingencies for various scenarios, we believe that the 217th academic year of Wilbraham & Monson Academy will be as transformational as our families and alumni have come to expect, and we look forward to seeing our students back on our lovely campus where they belong."

WMA is also planning for a normal athletic and activity year. In coordination with its peer schools, the Academy has organized a full interscholastic schedule for the fall and scheduling for the winter season is in process. Recognizing that disruptions may be possible, WMA has a full contingent of possible program alterations and alternatives should conditions and restrictions change.

A significant change to the academic calendar will be a planned three full weeks of online learning in between the fall and winter holiday breaks (Dec. 2-18). This will reduce the risk of viral spread resulting from travel or family vacations and will add a layer of protection for students, their families and staff.

Among other precautionary plans, social distancing, mask-wearing and hand washing will continue to be the most essential steps to mitigate the risk of infection and spread of COVID-19. WMA will also be testing all boarding students upon arrival to campus and students, faculty and staff will be tested on a regular basis. Additionally, the Academy will have spaces to quarantine and isolate members of the community if necessary. Each classroom, office and dorm room will be equipped with air purifiers, cleaning operations will be enhanced and plans for socially-distanced classroom spaces are already underway.

To read the full communication of current reopening plans, visit www.wma.us/backtoschool.

Public Notices

Town of Wales
Public Hearing

In accordance with the Wetlands Protection Act, Chapter 131, Section 40, a public hearing will be held by the Wales Conservation Commission for the Request For Determination filed by Petrie Carpentry for Brian and Stephanie Miller for the building of a deck at 55 Fountain Road in Wales.

There will be a VIRTUAL hearing on Monday, June 29, 2020 at 6:00 PM.
6/25/2020

LEGAL NOTICE

In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of Apple Self Storage llc, in order to satisfy past due rents and other expenses, the stored goods of the following named people, including household items will be sold at public lien sale at **10:00 AM on July 30, 2020**, on the premises of **Apple Self Storage, 1207 South Main Street, Palmer, MA**:

Edwin Rodriguez
235 State Street
Springfield, MA 01103

Shelby Whalen
Post Office Box 756
Palmer, MA 01069

Laurie Allard
82 Cubles Drive
Brimfield, MA 01010

6/18, 6/25/2020

NOTICE OF COMMUNITY OUTREACH MEETING

Notice is hereby given that a Community Outreach Meeting for a proposed Marijuana Establishment is scheduled for **July 15, 2020 at 7:00 PM** at **35 Main St, Brimfield, MA**. The proposed Marijuana Retailer, by Webber Road Ops, LLC (d/b/a Pioneer Cannabis Company), is anticipated to be located at 275 Sturbridge Road, Brimfield, MA 01010. There will be an opportunity for the public to ask questions.
6/25/2020

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
50 State Street
Springfield, MA 01103
Docket No. HD20P0942PM
In the matter of:
James B Howard, Sr.
Of: Monson, MA
RESPONDENT
(Person to be Protected/Minor)
CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, §5-304 & §5-405

To the named Respondent and all other interested persons, a petition has been filed by James B Howard, Jr. of Monson, MA in the above captioned matter alleging that **James B Howard, Sr.** is in need of a Conservator or other protective order and requesting that James B Howard, Jr. of Monson, MA (or some other suitable person) be appointed as Conservator to serve **With Corporate Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **07/23/2020**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: June 18, 2020

Suzanne T. Seguin
Register of Probate
6/25/2020

LEGAL NOTICE

In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of LaBonte Self Storage, in order to satisfy past due rents and other expenses, the stored goods of the following named people, including household items will be sold at public lien sale at **9:00 AM on July 30, 2020**, on the premises of **LaBonte Self Storage, 250 Wilbraham Street, Palmer, MA** :

Angelica Roman
1558 North Main Street
Palmer, MA 01069

Jefferey Edberg
27 Rockview Street
Palmer, MA 01069

Karen Rioux
13A Oak Street

Monson, MA 01057
Jessica M. Ventura
144 Breckenridge Street

Palmer, MA 01069
Melissa A. Hagen
Post Office Box 176
Wales, MA 01081
6/18, 6/25/2020

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD20P0875EA
Estate of:
Maurice Patrick Powers
Also known as:
Maurice P. Powers
Date of Death: 03/22/2020
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by: **Donald J. Powers** of South Hadley, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Donald J. Powers** of South Hadley, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on **07/15/2020**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Barbara M Hyland,** First Justice of this Court.
Date:June 10, 2020

Suzanne T. Seguin
Register of Probate
6/25/2020

THORNDIKE FIRE & WATER
4064 CHURCH STREET
THORNDIKE, MASSACHUSETTS
NOTICE OF PUBLIC MEETING

The Throndike Fire and Water Dept. will hold a meeting on **June 29, 2020 at 6:30 p.m.** to discuss the Budget for Fiscal Year 2020-2021. The meeting will be held at the Thorndike Fire & Water Dist., 4064 Church St., Thorndike, MA.
6/25/2020

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HELP WANTED

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The Town of Warren Board of Sewer Commissioners is accepting Applications for a Wastewater Treatment Plant Assistant Chief Operator. Salary is in accordance with the Town's current wage classification plan.
Applicants must possess a Massachusetts Grade 5 Operators License and valid MA Driver's license.
Job descriptions and applications are available at the Warren Wastewater Treatment Plant, 2527 Main Street, West Warren, MA 01092 The position will remain open until filled.
Warren is an EOE.

TOWN OF WILBRAHAM ALTERNATE PLUMBING & GAS INSPECTOR
Looking for a reliable Alternate Plumbing & Gas Inspector. For application and more information please visit www.wilbraham-ma.gov. Application deadline 6/26/2020 at 4:30 PM. EOE

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ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.



Nobody dreams of having multiple sclerosis

Some dreams are universal: hitting a ball over the Green Monster; winning the World Series with a grand slam in the bottom of the ninth inning. Finding out you have have MS is not one of them.

Multiple sclerosis is a devastating disease of the central nervous system where the body's immune system attacks the insulation surrounding the nerves. It strikes adults in the prime of life - and changes lives forever.

To help make the dream of ending MS come true, call 1-800-FIGHT MS or visit us online at nationalmsscociety.org.

MS National Multiple Sclerosis Society

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Retailers and small local businesses put the lion's share of their local advertising in newspapers. They know which media truly moves their products. Besides that, Google's research shows that half of online shoppers are more likely to buy products they've seen in the paper.

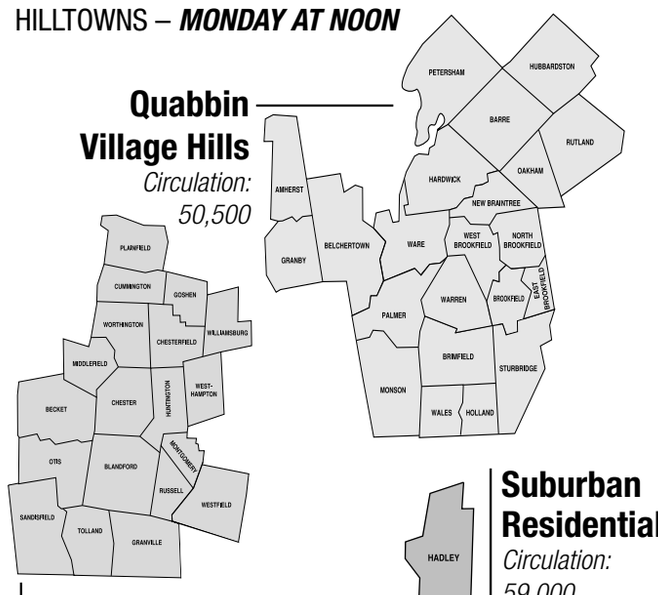
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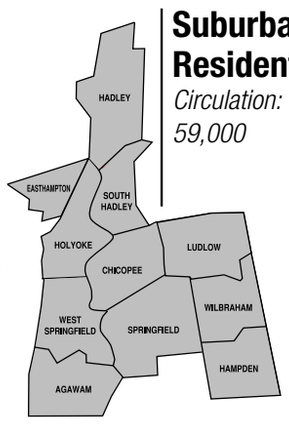
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29 Base Price $30.50	30 Base Price $31.00	31 Base Price $31.50	32 Base Price $32.00
33 Base Price $32.50	34 Base Price $33.00	35 Base Price $33.50	36 Base Price $34.00
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Quabbin Village Hills
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Hilltowns
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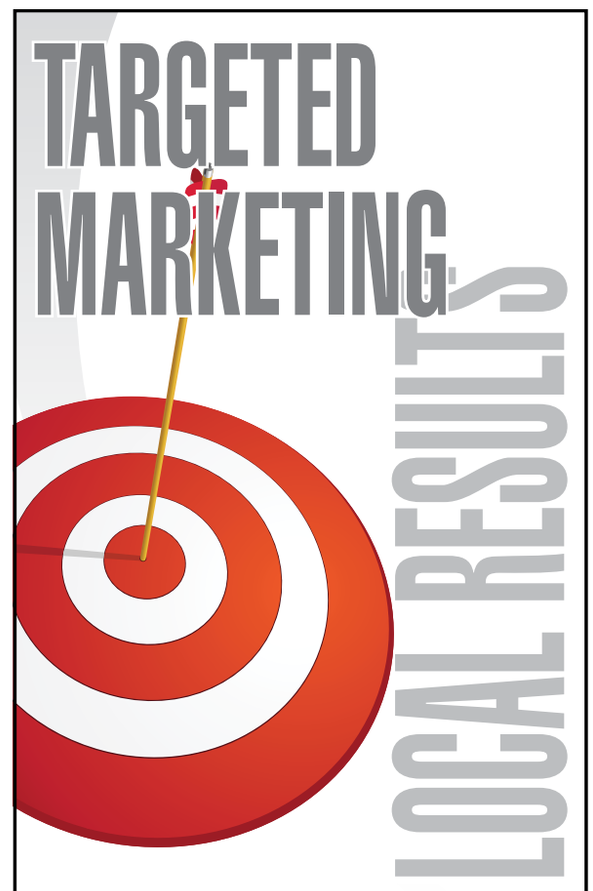
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Circulation: 59,000

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x Number of Weeks	_____	Hilltowns ❑
TOTAL Enclosed	_____	

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Monson Savings Bank to open new branch in East Longmeadow

MONSON – Monson Savings Bank is pleased to announce the expansion of its branch network into East Longmeadow. This new office will be located at 61 North Main Street in East Longmeadow. The ban has a tentative planned opening for late summer.

As a full-service branch, Monson Savings Bank offers an extensive array of consumer and commercial products, traditional banking products, wealth management products and several robust, digital solutions that have grown so important in today's environment.

Opening a full-service branch in East Longmeadow is a significant milestone for the bank, which has developed and is proud of the solid customer base in Hampden and Hampshire County. As the bank welcomes new customers, this branch will also provide an added convenience for many of its existing customers.

It has been the Monson Savings Bank's goal for some time to further expand the markets it serves. As part of the strategic planning process and growth philosophy, the company makes an effort to seek out prime locations and identify and hire outstanding employees.

"We are thrilled to be expanding our footprint into the vibrant community of East Longmeadow," said Steve Lowell, President and CEO of Monson Savings Bank. "We look forward to helping and serving the people and businesses of East Longmeadow and neighboring towns."

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Second Chance counting on Golf Tournament to help pets in need

Nonprofit moves annual fundraiser to new golf course due to COVID-19 restrictions



18-year-old Lee is one of many pets in need at Second Chance.

Second Chance Animal Services has announced plans to host the 8th Annual Golf Tournament with a new venue and date to accommodate COVID-19 restrictions. The tournament will now be held July 25th at Heritage Country Club in Charlton and golfers are currently limited to 76 carts in accordance with state guidance. People living in the same household will be able to ride together.

"With our major fundraiser postponed to the fall, Second Chance is counting on the annual golf tournament to provide much needed funding for pets in need," said Development Director Lindsay Doray. "We moved the fundraiser because Heritage Country Club offers more options to ensure we can safely host the event including the ability to offer outdoor dining or take-away meals for the traditional post-golf luncheon." Doray and the venue are closely monitoring the evolving situation and have several contingency plans in place.

Several foursomes have already signed up, but Second Chance recognizes there will be some who are not able to attend the fundraiser this year. The nonprofit is adding an online silent auction where everyone can bid on items in advance, including a pair of Adirondack chairs handmade and donated by the Hampden County Sheriff's Office. The online auction link will be available on the website in July.

Interested golfers can purchase tickets online at secondchanceanimals.org/events/golf/. Single golfers and foursomes are welcome. Second Chance encourages golfers to purchase tickets early due to limited ticket availability. Mulligans are also available online or during check-in the morning of the tournament. Check in will be 7 am and the tournament will commence at 7:30 a.m.

CLEAN from page 9

Many businesses have reduced their hours of operation or offered times when they are open only for at-risk individuals, such as senior citizens or those who are immune-compromised.

"Before stepping out of your door, check the company's social media pages or their website for communications about their hours and the steps they are taking to protect patrons," he said. "These locations should be following federal, state, and local mandates with regard to safety." Lastly, Fall added that "Reopening America requires all of us to move forward together by practicing social distancing and other daily habits to help reduce the risk of exposure to the coronavirus." SERVPRO specializes in disaster restoration, cleanup and repair services, helping to remediate damage, making it "Like it never even happened" for both commercial and residential customers. For more information on SERVPRO of Hampshire County, contact Kevin Fall at 413-589-8975 or fallkl@servproofhampshirecounty.com.

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